

Falls Church Recreation and Parks

Winter/Spring 2009



**Annual Easter Egg Hunt
Falls Church City Art Show & Sale
City of Falls Church Farmers' Market
28th Annual Memorial Day Parade and Festival**

See page 2 for details

photo by Gary Mester

Main Number: 703-248-5077

Inclement Weather/Open Gym Hotline: 703-248-5125

Special Events: 703-248-5178

Registration Dates

Residents: January 5

Non-Residents: January 12

Annual Easter Egg Hunt



photo by Gary Mester

Saturday, April 11, 10am

Rain Date: Monday, April 13, 4pm

Cherry Hill Park, 312 Park Avenue

Hunt for candy and prize eggs! The Easter Bunny will visit and take pictures with all the children! Bring a basket to collect eggs. For more information, call 703-248-5178.

28th Annual Memorial Day Parade and Festival

Monday, May 25, 9am-5pm

City Hall Grounds, 300 Park Avenue

The day includes a 3K fun run, parade, Veterans Ceremony, craft, civic and food booths, games, pony rides and much more. 703-248-5178.



Falls Church Art Show & Sale

Friday, April 24, 5-7pm

Saturday, April 25, 12noon- 4pm

**Falls Church Community Center,
223 Little Falls Street**

Open to all City artists! Outstanding works of art from Falls Church art students and the public. Free to the public. For submissions, call 703-248-5178.



Dance Recital

Saturday, May 9

Show times 10am and 12noon

Saturday, May 16

Show times 11am, 2pm and 4:30pm

George Mason High School, 7124 Leesburg Pike

Students enrolled in the Falls Church dance classes perform in the recital.



Farmer's Market



photos by Gary Mester

Saturdays

January 3-April 25, 2009

9am-12 noon

May 2-December 26, 2009

8am to 12noon

300 Park Avenue, City Hall Parking Lot

Enjoy fresh fruit, vegetables, flowers and more!

Event Sponsorships Available!

The City of Falls Church has many sponsorship opportunities for its special events. To learn more about how you or your business can sponsor a City special event, please contact Jenny Elmore at 703-248-5199 or jelmore@fallschurchva.gov.

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Recreation & Parks Staff

Howard E. Herman, *General Manager of Community Services*
 Daniel J. Schlitt, *Deputy Director*
 Jenny Elmore, *Special Events, Senior Program Supervisor*
 Chris Madison, *Sports Coordinator, Program Supervisor*
 Debbie Wright, *Hobby Class Coordinator, Program Supervisor*
 Tracy Browand, *Senior Recreation Specialist*
 Amy Maltese, *Teen and Camp Coordinator, Recreation Specialist*
 Diane Morse, *Cherry Hill Farmhouse Coordinator*
 Linda Weikle, *Senior Administrative Assistant*
 Kristina Loerch, *Administrative Assistant*
 Lawrence Goff, *Senior Crew Leader, Parks and Landscape Maintenance*
 Charles Jones, *Landscape Maintenance Worker*
 Raymond Slaughter, *Landscape Maintenance Worker*
 Mike Batky, *Building Maintenance Worker*
 Juan Salguero, *Building Maintenance Worker*
 Sonny Sikhhattana, *Building Maintenance Worker*

Recreation and Parks Advisory Board

Robert Meeks, *Chair*
 Gerard Mene, *Vice Chair*
 Joyce Simpson
 Charles O'Hara
 Leslie Rye
 Ruth Rodgers, *Planning Commission Representative*
 Kathryn Chandler, *School Board Representative*



General Information

Community Center Hours of Operation

Monday-Thursday: 8am-10:30pm
Friday: 8am-12 midnight
Saturday: 8:30am-12 midnight
Sunday: 2-6pm (April-December)
12-6pm (January-March)

Community Center Holiday Schedule

The building will be closed Wednesday, December 24 (building closes at noon), Thursday, December 25, Friday, December 26, Thursday, January 1, and Sunday, April 12.

Hobby Class Holiday Schedule

No classes are held on the following holidays unless otherwise noted.

January 19, Dr. Martin Luther King Day

February 16, Washington's Birthday

April 6-12, Spring Break

May 25, Memorial Day

Youth Gym Time

Ages 18 and under only: Monday-Friday, 3-5pm.

Teen Gym Time

Ages 13-19 only: Friday and Saturday, 7pm-Midnight

Adult Gym Time

Ages 19 and over only: Monday, 8-10:30pm.

Subject to gym availability.

Open Gym Pricing

Register at the front desk before entering the gym

City Residents: Free

Non-City Residents 5 and under: Free

Non-City Residents 6-18 or 65+: Free

Non-City Residents 19-64: \$3

Hotline: 703-248-5125

Call for current schedule.

Policy of Non-Discrimination on the Basis of Disability:

The City of Falls Church does not discriminate on the basis of disability in its employment practices or in the admission to access to, or operation of its services, programs, or activities. Letha Flippin, 300 Park Ave., Falls Church, VA, has been designated to coordinate compliance with the ADA non-discrimination requirements. The City of Falls Church is committed to the letter and spirit of the Americans with Disabilities Act. This document will be made available in alternate format upon request. Call 703-248-5077, (TTY 711).

Phone Numbers

Recreation & Parks Division Office 703-248-5077

Falls Church Community Center..... 703-248-5077

Falls Church Senior Center..... 703-248-5020

Teen Center Office 703-248-5307

Cherry Hill Farmhouse..... 703-248-5171

Gym Hotline/Inclement Weather 703-248-5125

Special Events Hotline..... 703-248-5178

Fax 703-536-8150

Facility Locations

Falls Church Community Center

223 Little Falls Street

Cherry Hill Farmhouse

312 Park Ave.

George Mason High School

7124 Leesburg Pike

Mary Ellen Henderson Middle School

7130 Leesburg Pike

Thomas Jefferson Elementary

601 S. Oak Street

Mary Riley Sytles Library

120 N. Virginia Ave.

Registration Dates

Residents: January 5

Non-Residents: January 12

SPECIAL SERVICES

Yard Waste Stickers: May be purchased in \$5 increments at the Falls Church Community Center, 223 Little Falls Street. Exact cash and Visa, MasterCard, American Express and Discover accepted.

Senior Metro Passes: \$10 at the Falls Church Community Center, 223 Little Falls Street. Exact cash and Visa, MasterCard, American Express and Discover accepted.

NVRPA Bike Trail Maps: \$4 at the Falls Church Community Center, 223 Little Falls St. Exact cash and Visa, Mastercard, American Express and Discover accepted.

Picnic Shelters: Shelters in four City parks (Cherry Hill, Roberts, Madison and Berman Parks) can be reserved. Call 703-248-5077, Monday-Friday, 8am-5pm for availability, fees and application.

Tennis Courts: Lighted courts at Cavalier Trail Park, George Mason HS and the Community Center can be reserved by city residents. Unlighted courts on Cherry Street are first come, first served. Reservations for lighted courts can be made up to one day in advance. Please call 703-248-5077 for reservations.

Cherry Hill Farmhouse



Cherry Hill Farmhouse
312 Park Avenue
703-248-5171

The Cherry Hill Farmhouse is located on Park Avenue, near City Hall and the Falls Church Community Center. The house hosts special events and is available for rent for special occasions.

Cherry Hill Farmhouse was built in 1845. The well-preserved house is an excellent example of a Greek Revival style framed home of the period. Today the house is fully furnished with antiques of the mid-19th century. Historic interpretations of the house focus on the time period 1856-1865 when the Blaisdell family lived at Cherry Hill.

William Blaisdell purchased the 73-acre farm in 1856. He sold his produce at the Centre Market in Washington, D.C. Mr. Blaisdell managed to successfully farm the property through the Civil War. The City of Falls Church now owns Cherry Hill. The household

furnishings and antique tool collection in the barn are owned by the Friends of Cherry Hill Foundation. Today reenactments, concerts, readings, lectures, and teas take place at Cherry Hill throughout the year. Special tours can be arranged for large groups, scout troops and school children by calling 703-248-5171. The house is open to the public between the hours of 10am and 3pm, Monday through Thursday. April through October the house is also open on Saturdays between the hours of 10am to 1pm.

Cherry Hill can also be rented for special occasions. The house and surrounding park provide a lovely setting for wedding receptions and small parties. The house capacity is 50 people for a standing event and 20 for a seated event. For larger parties, the outside grounds can be used and a tent is required. Reservations are made through the Recreation and Parks Division at **703-248-5077**. For more information on any events taking place at Cherry Hill, call Diane Morse at **703-248-5171**.

EVENTS AT CHERRY HILL FARMHOUSE

Holiday Card Recycling Workshop

Bring your old cards (the larger the better) and learn how to make boxes and lovely baskets.

Location: Cherry Hill Farmhouse

Date: Saturday, January 10

Time: 10am-12noon **Fee:** \$5

Call **703-248-5171** for reservations.

Valentine Card Workshop

Learn about the tradition of giving cards on Valentine's Day and make your own card for someone special.

Location: Cherry Hill Farmhouse

Date: Saturday, February 7

Time: 10am **Fee:** \$5

Call **703-248-5171** for reservations.

Valentine Tea

Bring someone special to tea and learn about the history of Valentine's Day celebrations with a special emphasis on the search for love in the 19th century. The full tea includes sandwiches, sweets, warm scones and tea.

Location: Cherry Hill Farmhouse

Date: Sunday, February 8

Time: 2pm **Fee:** \$24

Call **703-248-5171** for reservations.

Celtic Music Concert

Enjoy a lively evening of Irish music.

Location: Cherry Hill Farmhouse

Date: Saturday, March 14

Time: 8pm **Fee:** \$12

Call **703-248-5171** for ticket information.

SPRING VACATION FUN AT CHERRY HILL

Old-Fashioned Cooking For Kids

Children will grind corn, make bread and churn their own butter. Ages 8 and up.

Location: Cherry Hill Farmhouse

Date: Monday, April 6

Time: 10:30am -12noon **Fee:** \$8

Call **703-248-5171** for reservations.

Archaeologists in Training

Kids will examine artifacts from Cherry Hill's past and become amateur archaeologists as they try to piece together artifacts found at Cherry Hill. Afterwards they will make an Indian medicine bag for collecting their own discoveries. Ages 8 and up.

Location: Cherry Hill Farmhouse

Date: Wednesday, April 8

Time: 10:30am -12noon **Fee:** \$8

Call **703-248-5171** for reservations.

19th Century Dress Up Party

Learn about 19th century dress and manners, try on our period clothing, play parlor games and enjoy a tea party in our dining room. Ages 8 and up.

Location: Cherry Hill Farmhouse

Date: Friday, April 10

Time: 12noon -1:30pm **Fee:** \$10

Call **703-248-5171** for reservations.

Falls Church Civil War Day

Learn about Falls Church during the Civil War as reenactors portray citizens and soldiers from the period. Watch drilling and firing exercises, hear spy stories and listen to readings from soldiers' and civilians' letters. Free admission.

Location: Cherry Hill Park

Date: Saturday, May 16 **Time:** 10am-3pm

Call **703-248-5171** for more information.

Infant and Tot Classes

Music Together Birth-5 years



Music Together is a community of families sharing songs, instrument play, movement, dance, and rhythm activities in a musically rich, relaxed, playful, and nonperformance-oriented setting. Music Together classes build on your children's natural enthusiasm for music and movement. Together we develop their musical skills - singing in tune, keeping a beat, and developing a life-long love of music, song, and dance. And having the most amount of fun doing it! All classes made up of family-style classes of mixed ages. Babies 9 months and younger attend FREE with a registered sibling. \$60 discount for siblings. The Family Fee, which includes 2 CDs and Songbook for semester's music, and "Music and Your Child, A Guide for Parents and Caregivers" is now included in the tuition. Please visit www.MusicWithMaddy.com.

Free Demonstration Classes: Please join us on January 12 or 13 at 10 & 11am and April 13 or 14 at 10am only for or a free trial class. Come see what all the fun is about!!! NO registration required for free demonstration class. Invite your friends!

Instructor: Maddy O'Neill-Dean

Location: Community Room

Activity #	Date	Time	Fees
210608-A	Mon: 1/19-3/23	9-9:45am	R: \$210 / NR: \$220
210608-B	Mon: 1/19-3/23	10-10:45am	R: \$210 / NR: \$220
210608-C	Mon: 1/19-3/23	11-11:45am	R: \$210 / NR: \$220
210608-D	Mon: 1/19-3/23	4-4:45pm	R: \$210 / NR: \$220
210608-E	Tue: 1/20-3/24	9-9:45am	R: \$210 / NR: \$220
210608-F	Tue: 1/20-3/24	10-10:45am	R: \$210 / NR: \$220
210608-G	Tue: 1/20-3/24	11-11:45am	R: \$210 / NR: \$220
210608-H	Tue: 1/20-3/24	12:15-1pm	R: \$210 / NR: \$220
210608-I	Mon: 4/20-6/15*	9-9:45am	R: \$180 / NR: \$190
210608-J	Mon: 4/20-6/15*	10-10:45am	R: \$180 / NR: \$190
210608-K	Mon: 4/20-6/15*	11-11:45am	R: \$180 / NR: \$190
210608-L	Mon: 4/20-6/15*	4-4:45pm	R: \$180 / NR: \$190
210608-M	Tue: 4/21-6/16	9-9:45am	R: \$195 / NR: \$205
210608-N	Tue: 4/21-6/16	10-10:45am	R: \$195 / NR: \$205
210608-O	Tue: 4/21-6/16	11-11:45am	R: \$195 / NR: \$205
210608-P	Tue: 4/21-6/16	12:15-1pm	R: \$195 / NR: \$205

*No class dates 5/25

Tiny Tunes Birth-17 months

Step out of the hustle and bustle of life and reserve this precious time for you and your baby or toddler to bond through wonderful music and movement activities. Sing, dance, play instruments, and learn finger plays with American Sign Language in this engaging class designed for the very young and their parent or loving caregiver. Nurture your child's development of listening, language, fine and gross motor skills while having fun! All materials are included.

Free Trial Class: Wednesday, January 14 and Wednesday, April 15 at 11:15am -12noon. Try out a free Tiny Tunes class before registering! Bring your friends too! No registration required for free demo class.

Instructor: Susan Hayes

Location: Community Room

Activity #	Date	Time	Fees
210212-A	Wed: 1/21-3/25	11:15am-12noon	R: \$210 / NR: \$220
210212-B	Wed: 1/21-3/25	12:15-1pm	R: \$210 / NR: \$220
210212-C	Wed: 4/22-6/10	11:15am-12pm	R: \$174 / NR: \$184
210212-D	Wed: 4/22-6/10	12:15-1pm	R: \$174 / NR: \$184



Signing Smart Play Class 5 months-2 years

NEW!

Signing Smart strategies integrate more than 130 American Sign Language (ASL) signs into songs, games, and activities developed to engage very young children and their parents. Research has shown that Signing Smart with hearing babies and toddlers allows communication and spoken language to happen earlier and faster, while reducing frustration and tantrums. Most children start combining words into 2 word sentences by 20 months, whereas Signing Smart children typically do this by 11-14 months and some as early as 6 months! More research, class pictures, and family quotes at www.ParentChildU.com. Fee includes: Beginner Handbook, Signing Smart Video Glossary, and The Treasure Chest: Vol. 1 children's video.

Instructor: Parent Child Univ.

Location: Community Room

Activity #	Date	Time	Fees
210707-A	Sun: 2/1-4/26*	2:30-3:15pm	R: \$265 / NR: \$275
210707-B	Sun: 2/1-4/26*	3:30-4:15pm	R: \$265 / NR: \$275
210707-C	Sun: 2/1-4/26*	4:30-5:15pm	R: \$265 / NR: \$275

*No class dates 4/12





Classic Tales 'n Tunes 18 months-5 years



Classic Tales 'n Tunes® invites young children and their caregivers to share a joyful adventure in learning through

the expressive arts: reading stories, making music, enjoying puppetry, exploring gross motor equipment, and playing interactive games. Each lesson explores a theme through a rich diversity of music and literature from different genres and cultures. Spanish and American Sign Language, our country's 2nd and 3rd most common languages, are blended into the curriculum, promoting a friendly and inclusive environment. This award-winning multi-sensory program nurtures cognitive, language, motor, social and emotional skills as well as musicality and creativity. Siblings 11 months or younger attend FREE with registered student; those 12 months and over must register. Please visit www.classictnt.com to learn more!

Free Trial Class: Wednesday, January 14 and Wednesday, April 15 at 10:15–11am. Try out a free Classic Tales 'n Tunes class before registering! Bring your friends too! No registration required for free demo class.

Instructor: Susan Hayes

Location: Community Room

Activity #	Date	Time	Fees
210211-A	Wed: 1/21-3/25	9:15-10am	R: \$210 / NR: \$220
210211-B	Wed: 1/21-3/25	10:15-11am	R: \$210 / NR: \$220
210211-H	Wed: 4/22-6/10	9:15-10am	R: \$174 / NR: \$184
210211-I	Wed: 4/22-6/10	10:15-11am	R: \$174 / NR: \$184

Twoosy Doodlers 20 months-3 years

This is a special art class just for toddlers and parents (or helpers). Little fingers will experiment with painting, gluing, sticking, printing and creating, while developing fine motor, language and self-help skills. This is an "I can do it!" class that is fun and creative! Each session has new activities and moms and helpers get to play too. All materials are included!

Instructor: Abrakadoodle

Location: Art Room

Activity #	Date	Time	Fees
210101-A	Wed: 1/28-3/4	9:15-9:55am	R: \$99 / NR: \$109
210101-B	Wed: 1/28-3/4	11:15-11:55am	R: \$99 / NR: \$109
210101-C	Thu: 1/29-3/5	3:30-4:10pm	R: \$99 / NR: \$109
210101-D	Sat: 1/31-3/7	10:15-10:55am	R: \$99 / NR: \$109

210101-E	Wed: 3/18-4/29*	9:15-9:55am	R: \$99 / NR: \$109
210101-F	Wed: 3/18-4/29*	11:15-11:55am	R: \$99 / NR: \$109
210101-G	Thu: 3/19-4/30*	3:30-4:10pm	R: \$99 / NR: \$109
210101-H	Sat: 3/21-5/2*	10:15-10:55am	R: \$99 / NR: \$109

*No class dates 4/8, 4/9, 4/11

Art in Hand Tots 18 months-3 years

The ART IN HAND program is designed exclusively for toddlers and preschoolers, by an experienced art therapist, to meet their unique developmental needs. Each week an interactive story time will inspire creative



exploration in drawing, painting, collage, sculpting or mixed media construction. In the winter session, participants will enjoy stories and art-making reflecting a range of tot-friendly topics, including the many beautiful and art-inspiring wintery wonders in the natural world around us. In the spring, our attention will be turned to colorful blossoms blooming, tiny hatchlings hatching, and many more exciting discoveries to be made this time of year. We use only high quality art materials designed for use by young children plus lots of appealing found objects and materials. For more information about the program visit www.artinhand.org

Instructor: Art in Hand Staff

Location: Art Room

Activity #	Date	Time	Fees
210110-A	Mon: 2/2-3/9*	10:15-11am	R: \$85 / NR: \$95
210110-B	Thu: 1/29-3/12*	10:15-11am	R: \$119 / NR: \$129
210110-C	Mon: 3/23-5/4*	10:15-11am	R: \$102 / NR: \$112
210110-D	Thu: 3/26-5/7*	10:15-11am	R: \$102 / NR: \$112

*No class dates 2/16, 4/6, 4/9

Tiny Tots Tumble 2 years

NEW!

An introduction to basic tumbling. Various movements involving balance and coordination. Handstands, cartwheels, round offs, body positions, rolls, and various other drills are used to develop body awareness, strength and proper basic tumbling form. **Attire:** gym clothing or t-shirt and shorts with sneakers.

Instructor: All Star Legacy

Location: Senior Center-Right

Activity #	Date	Time	Fees
210400-A	Tue: 2/3-4/28*	3:45-4:30pm	R: \$110 / NR: \$120

*No class dates 4/7

Tot Time

Bring your preschoolers and watch them climb through tunnels, ride tricycles, and interact with peers. All equipment is provided including tricycles. No strollers or food in the gym. Times subject to change. Call 703-248-5125 for an updated schedule. This program is not held when special events are in the gym or if the Community Center is closed for a holiday.

Location: Gym

Days: Fridays, September 5-May 29

(No Tot Time November 28, December 12 & 26, Jan. 2, April 10, 17 & 24)

Time: 10am-12 noon **Fees:** FREE!

Toddler and Preschool Classes

ABC Music & Me Preview

2-4 years

Come read, rhyme, sing and sign the ABC Music & Me way! Enjoy music, movement, instrument and parachute play. Come experience the joy of parent education through child enrichment and receive a FREE CD! See pictures, video clips, and learn why parents love ABC classes at

www.ParentChildU.com

Instructor: Parent Child Univ.

Location: Community Room

Activity #	Date	Time	Fees
210603-A	Sat: 1/31	9:30-10:15am	FREE
210603-B	Sat: 1/31	10:30-11:15am	FREE

NEW!

ABC Music & Me 2-4 years

Come explore music in a whole new way! Our children learn best where they are most comfortable- at home. So we'll use this nurturing theme to turn our Home Sweet Home and Friends & Family classroom into a pretend house. Through music, movement, American Sign Language, active listening, role plays, instrument and parachute play, come experience what different kinds of houses animals make- from spider webs to bird's nests! See pictures and learn more at www.ParentChildU.com. We even provide you with the materials to extend the learning into your home for years to come. The fee includes 2 Literature Family Magazines, 2 Home CDs, and an egg shaker instrument.

Instructor: Parent Child Univ.

Location: Community Room

Activity #	Date	Time	Fees
210602-A	Sat: 2/7-4/4	9:30-10:15am	R: \$165 / NR: \$175
210602-B	Sat: 2/7-4/4	10:30-11:15am	R: \$165 / NR: \$175

NEW!

Preschool Cheer and Tumble 3-5 years

Classes will cover all of the basics of cheerleading in tumbling for age and talent appropriate athletes.

Instructor: All Star Legacy

Location: Senior Center-Left

Activity #	Date	Time	Fees
220405-A	Tue: 2/3-4/28*	3:45-4:30pm	R: \$140 / NR: \$150

*No class dates 4/7

Oops, My Manners are Showing!

3-7 years

A perfect program to compliment what a parent is teaching at home. Body language, telephone manners, sharing ideas, answering questions, and more presented in an interactive format.

Instructor: Etiquette School of VA

Location: Community Room

Activity #	Date	Time	Fees
Ages 3-4 w/ an Adult			
231011-A	Sat: 1/17	9-10am	R: \$25 / NR: \$35
Ages 5-7			
231011-B	Sat: 1/17	10:15-11:15am	R: \$25 / NR: \$35

NEW!

Art In Hand Preschoolers 3-5 years

The ART IN HAND Preschoolers class focuses on exploration with developmentally appropriate art materials in a supportive environment that emphasizes process over product. Curious kids will enjoy an interactive story time and have opportunities to create with a wide variety of traditional art media, found objects and natural materials. In this winter session, participants will enjoy stories and art-making reflecting a range of kid-friendly topics, including the many beautiful and art-inspiring wintery wonders in the natural world around us. In the spring, our attention will be turned to colorful blossoms blooming, tiny hatchlings hatching, and many more exciting discoveries to be made this time of year. For more information about the program visit www.artinhand.org



Instructor: Art in Hand Staff

Location: Art Room

Activity #	Date	Time	Fees
210109-A	Thu: 1/29-3/12	11:30am-12:15pm	R: \$119 / NR: \$129
210109-B	Thu: 3/26-5/7*	11:30am-12:15pm	R: \$102 / NR: \$112

*No class dates 4/9

Mini Doodlers 3-6 years

Children develop their creativity through carefully designed lessons that ignite the imagination and develop skills. Using real artists' materials including watercolors, tempera paints, oil pastels, creative tools and more, the children create masterpieces that are truly unique. All materials are included in tuition.

Instructor: Abrakadoodle

Location: Art Room

Activity #	Date	Time	Fees
210102-A	Wed: 1/28-3/4	10:15-11am	R: \$99 / NR: \$109
210102-B	Thu: 1/29-3/5	2:30-3:15pm	R: \$99 / NR: \$109
210102-C	Sat: 1/31-3/7	11:15-11:55am	R: \$99 / NR: \$109
210102-D	Wed: 3/18-4/29*	10:15-10:55am	R: \$99 / NR: \$109
210102-E	Thu: 3/19-4/30*	2:30-3:15pm	R: \$99 / NR: \$109
210102-F	Sat: 3/21-5/2*	11:15-11:55am	R: \$99 / NR: \$109

*No class dates 4/8, 4/9, 4/11

Math Boosters 3-6 years

Go where no kid has gone before! Let's break the chain of fear, before it begins! We'll do some hands/feet on games that teach pre-algebraic skills. Children must recognize the digits and know how to count from 1-10.

Instructor: Karen Howenstein

Location: Community Room

Activity #	Date	Time	Fees
221007-A	Sat: 4/18	12:30-1:30pm	R: \$10 / NR: \$15
221007-B	Sat: 5/2	2-3pm	R: \$10 / NR: \$15

NEW!

Preschool Program and Classes

Falls Church Community Center Preschool Ages 3-5

The program focuses on fun and positive learning experiences for 3-5 year olds with activities centered on arts and crafts, music, drama, and games. Through these mediums, the class will focus on coloring, painting, cutting, shape, letter and number recognition. This preschool program will provide a smooth transition to kindergarten. This preschool program will also teach students responsibility and good social skills, which will enable children to grow as an individual. Our qualified staff and small class ratio (16:2) makes a safe program for everyone. We are licensed by the State of Virginia Department of Social Services. Children must be potty-trained by the first day of the fall session class. In order to register for the preschool program, children must be born within the birthdates listed. Proof of age via birth certificate and physical and immunization report is required the first day of the program.

Instructor: Alison Collins

Location: Preschool Room

**Fall 09 Preschool
Open House
April 6th
10-11am**

Winter/ Spring Session

Preschool- Junior

(Birthdates October 1, 2004- September 30, 2005)

Activity #	Date	Time	Fees
211001-C	Tue/Thu: 1/6-5/21*	9am-12noon	R: \$564 / NR: \$574

*No class dates 1/20, 4/7, 4/9

Preschool- Senior

(Birthdates October 1, 2003- September 30, 2004)

Activity #	Date	Time	Fees
211002-D	Mon/Wed/Fri: 1/5-5/22*	9am-12noon	R: \$865 / NR: \$875

*No class dates 1/19, 2/16, 4/6, 4/8, 4/10

Preschool- Afternoon

(Birthdates October 1, 2003- September 30, 2005)

Activity #	Date	Time	Fees
211004-D	Mon/Wed/Fri: 1/5-5/22*	1-4pm	R: \$865 / NR: \$875

*No class dates 1/19, 2/16, 4/6, 4/8, 4/10

Summer Session

Preschool- Junior

(Birthdates October 1, 2004- September 30, 2005)

Activity #	Date	Time	Fees
311001-A	Tue/Thu: 6/9-7/2	9am-12noon	R: \$126 / NR: \$136
311001-B	Tue/Thu: 7/7-8/6	9am-12noon	R: \$158 / NR: \$168

Preschool- Senior

(Birthdates October 1, 2003- September 30, 2004)

Activity #	Date	Time	Fees
311002-A	Mon/Wed/Fri: 6/8-7/1*	9am-12noon	R: \$173 / NR: \$183
311002-B	Mon/Wed/Fri: 7/6-8/7*	9am-12noon	R: \$236 / NR: \$246

*No class dates 7/3

Pre-K Readiness 4-5 years

(Birthdates October 1, 2003- September 30, 2004)

This program will offer your child the opportunity to socialize with children entering Kindergarten in September 2009.

Your child will be able to enhance and strengthen his or her independent learning abilities in a productive and positive classroom environment.

Over and above the preschool program guidelines, your child will also have a chance to participate in activities that revolve around seasonal themes accentuated to encourage cognitive thinking and creative skills. This class will also initiate beginning writing, reading and conversational skills. Children must be potty trained. Proof of age via a birth certificate, and your child's physical and immunization report will be required on the first day of the program. This will assure your child a space for the entire year. The balance fees will be due one week before the next session begins.

Instructor: Sue John

Location: Preschool Room

Activity #	Date	Time	Fees
211003-A	Tue/Thu: 1/6-5/21*	1-4pm	R: \$583 / NR: \$593

*No class dates 1/20, 4/7, 4/9



Let's Make a Story 4-6 years

Students will read, create stories, and interact to music connected to the session's topic. Each session has two parts. Your child will start work a project on the first Wednesday and finish it the following Wednesday. The cost includes all supplies and a snack.

Instructor: Sue John

Location: Art Room

Activity #	Date	Time	Fees
Let's Make Valentines'			
210108-I	Wed: 2/4-2/11	2-4:30pm	R: \$55 / NR: \$65
Let's feed the Birds			
210108-J	Wed: 2/18-2/25	2-4:30pm	R: \$55 / NR: \$65
Let's Talk Birthdays			
210108-K	Wed: 3/4-3/11	2-4:30pm	R: \$55 / NR: \$65
Let's Welcome Spring			
210108-L	Wed: 3/18-3/25	2-4:30pm	R: \$55 / NR: \$65
Let's Plant Flowers			
210108-M	Wed: 4/15-4/22	2-4:30pm	R: \$55 / NR: \$65
Let's Celebrate Moms			
210108-N	Wed: 4/29-5/6	2-4:30pm	R: \$55 / NR: \$65

Youth Classes

Story Book Alive! 5-7 years

NEW!

Students will work on developing characters by using their bodies, voices, minds and imaginations as they explore fairy tales, nursery rhymes and stories. This class focuses on Dramatic Art (voice and movement) and Visual Art (story-related crafts) to help students develop their social skills and self-confidence as well as encourage their individual creative minds in a safe and enjoyable way. Through different fun-filled activities, students will learn to work in an ensemble environment, communicate with one another, and respect their peers.

Instructor: A Class Act- AFYP

Location: Art Room

Activity #	Date	Time	Fees
230702-A	Sun: 2/1-3/22	1-2pm	R: \$140 / NR: \$150

Tumbling Class 6-10 years

An introduction to handstands, cartwheels, round offs, front and back walkovers, and beginning back and springs. **Attire:** gym clothing or t-shirt and shorts with sneakers.

Instructor: All Star Legacy

Location: Senior Center-Left

Activity #	Date	Time	Fees
220403-A	Wed: 2/4-4/29*	4-4:45pm	R: \$140 / NR: \$150
220403-B	Wed: 2/4-4/29*	4:45-5:30pm	R: \$140 / NR: \$150

*No class dates 4/8



Super Squad Cheer Team 6-10 years

We will coach the winter session of Falls Church Super Squad as a true cheerleading team. We will work on motions, dance, jumps, tumbling, stunts and more. Be ready to work. Cheerleading is a sport!

Instructor: All Star Legacy

Location: 1/2 Gym Back Door

Activity #	Date	Time	Fees
220404-A	Tue: 2/3-4/28*	4-4:45pm	R: \$140 / NR: \$150

*No class dates 4/7

Math Clinic 7-10 years

NEW!

These small sessions will be used to help iron out all of your math stumbling blocks. Bring all of your most troublesome assignments and problems. The class structure will be based upon student needs. Work will be focused on current issues in math at school, but new material may be introduced if time allows. Group work is possible depending upon students' levels and issues. Don't worry! Leave the stress behind, and let's look at the numbers together!

Instructor: Karen Howenstein

Location: Community Room

Activity #	Date	Time	Fees
221006-A	Sat: 2/14-5/2*	3:30-5pm	R: \$84 / NR: \$94

*No class dates 2/21, 3/7, 3/21, 4/4, 4/11, 4/25

Babysitting Fundamentals 8 & up

Introductory course in total child care. We will discuss psychological and physical aspects of care along with business and other approaches. The class is tailored to meet student needs. Come join the fun. Bring your childcare concerns, issues and questions, and let's sort them out. (Bring a snack, too!)

Instructor: Karen Howenstein

Location: Senior Center-Left

Activity #	Date	Time	Fees
221001-A	Sat: 2/14	9am-12noon	R: \$21 / NR: \$26
221001-B	Sat: 3/14	9am-12noon	R: \$21 / NR: \$26
221001-C	Sat: 4/18	9am-12noon	R: \$21 / NR: \$26

Babysitting Fundamentals 2 8 & up

More advanced course in total child care. We will discuss psychological and physical aspects of care in depth along with business and other approaches. The class is tailored to meet student needs. Come join the fun. Bring your childcare concerns, issues and questions, and let's sort them out. (Bring a snack, too!)

Instructor: Karen Howenstein

Location: Senior Center-Left

Activity #	Date	Time	Fees
221003-A	Sat: 2/28	9am-12noon	R: \$21 / NR: \$26
221003-B	Sat: 3/28	9am-12noon	R: \$21 / NR: \$26
221003-C	Sat: 5/2	9am-12noon	R: \$21 / NR: \$26



Falls Church Recreation and Parks



Homework & Organization 8 & up

This course is for students who want to take control of their learning situation. Are you tired of being told what to do? Learn how to organize your activities and environment, so that you can be more independent. Please also bring any issues that you may have with homework or organization. We will discuss learning styles and can troubleshoot your worst problems! Bring your hardest assignments or disorganization problems!

Instructor: Karen Howenstein

Location: Community Room

Activity #	Date	Time	Fees
221002-A	Sat: 2/14	1-3pm	R: \$14 / NR: \$19
221002-B	Sat: 3/14	1-3pm	R: \$14 / NR: \$19

Outlining Outlining 8 & up

Do you have difficulty understanding the material in a very long chapter? Become a master outliner. Learn to manage and relate information. Gain power over and learn to find the "shape" of the seemingly endless words in your texts. This course will help you master your studies.

Instructor: Karen Howenstein

Location: Community Room

Activity #	Date	Time	Fees
221004-A	Sat: 2/28	1-2:30pm	R: \$14 / NR: \$19
221004-B	Sat: 3/28	1-2:30pm	R: \$14 / NR: \$19

What's in a Word? 8 & up

Can you never find the right words for what you need to say? Are creative descriptions not your forte? This course will be structured around student needs, but will cover words in terms of subtlety of meaning, fluidity, simplicity vs. complexity, rhyme, and rhythm. If there is time/interest, we may also discuss poetry and other creative forms. Bring your questions and issues.

Instructor: Karen Howenstein

Location: Community Room

Activity #	Date	Time	Fees
221005-A	Sat: 4/18	2-3pm	R: \$10 / NR: \$15
221005-B	Sat: 5/2	12:30-1:30pm	R: \$10 / NR: \$15

How not to gross people out!

8-12 years

NEW!

Join us for this 2 hour version of our popular programs aimed at making kids feel comfortable in most any social situation. We will cover greetings and introductions, showing proper respect, phone manners, thank you cards, basic table manners, behavior in public, good guest and host behaviors.

Instructor: Etiquette School of VA

Activity #	Date	Time	Fees
Location: Art Room			
231010-A	Sat: 1/17	11:45am-1:45pm	R: \$45 / NR: \$55
Location: Teen Center			
231010-B	Sat: 3/21	9:30-11:30am	R: \$45 / NR: \$55
Location: Art Room			
231010-C	Sat: 5/16	9:30-11:30am	R: \$45 / NR: \$55

Beginning Acting 9-12 years

NEW!

In this introduction to theater course, students will deeply explore character development and scene work in an ensemble environment. Through different exercises and theater games, students will gain self confidence and stage presence as well as begin building the frame work of an actor.

Instructor: A Class Act- AFYP

Location: Art Room

Activity #	Date	Time	Fees
230701-A	Sun: 2/1-3/22	2-3pm	R: \$140 / NR: \$150

Gain the Competitive Edge

13-17 years

NEW!

Learn how to stand out from the crowd and get noticed for all the right reasons with lessons in First Impressions, Image and Dress, Nonverbal Communication, Listening, Conversation, Telephone Skills, Thank You Notes, Interviewing and Resume Building, Basic Dining Skills.

Instructor: Etiquette School of VA

Activity #	Date	Time	Fees
Location: Community Room			
241010-A	Sat: 3/21	12-2pm	R: \$45 / NR: \$55
Location: Art Room			
241010-B	Sat: 5/16	12-2pm	R: \$45 / NR: \$55

Doodlers 6-12 years

Children create their own unique masterpieces through painting, drawing and exploring creative materials. Each lesson introduces children to new techniques and artists' styles. The teacher provides guidance and inspiration. Classes help children develop both skills and confidence!

Instructor: Abakadoodle

Location: Art Room

Activity #	Date	Time	Fees
220101-A	Sat: 1/31-3/7	9:15-10:15am	R: \$119 / NR: \$129
220101-B	Sat: 3/21-5/2	9:15-10:15am	R: \$119 / NR: \$129

If you have an idea for a new class, please submit it to dwright@fallschurchva.gov.

Dance Programs

Welcome to the Winter-Spring session of the Falls Church Dance Program. Below is some helpful information for parents and dancers. Please be sure to read all information carefully. If you have any questions or need further information please contact the Falls Church Recreation and Parks Department at 703-248-5077.

- **Registration:** To accommodate as many students as possible, we recommend parents come to registration with at least three class options. Waitlisted students will only be accommodated, if an enrolled student withdraws from the class.
- **Spring Recitals:** This semester will conclude with our two annual spring recitals. We will have one recital for Preschool A & B classes on Saturday, May 9. The second recital will be for all other classes on Saturday, May 16. Both recitals will be held at the George Mason High School auditorium and show times will be announced at a later date.
- **Costumes:** All costume fees for the spring recital have been included in the class fee. The class fee includes class instruction and recital costume. Full payment for the class and costume is due at the time of registration. If your child is not participating in the dance recital, please complete a waiver form. Waiver forms may be obtained from staff at the time of registration. Either a household credit or a refund check will be mailed to your home for the price of the costume. A costume will not be ordered for your child.
- **Measurement Days!!** If your child is participating in the Spring Dance Recital, please attend one of the following days and have your child measured for their dance recital costume:
Monday, January 19, 3-4pm,
Tuesday, January 20, 5-6pm,
Wednesday, January 21, 5-6pm,
Thursday, January 22, 10:30-11:30am and
Saturday, January 24, 10-11am
- **Class Transfers:** Students will only have two weeks to transfer from one dance class into another, as space permits. After February 9, no transfers will be permitted unless the child is NOT participating in the dance recital. Costumes are ordered by the second class to ensure receipt for the dance recital. Each costume is hand-made and will be shipped to the Community Center from out of state companies.
- **Falls Church Ballet Program:** All classes in the Falls Church Ballet Program require a teacher referral, as experience is required for these more intensive classes. Please speak with your child's teacher if you have questions about which class is appropriate for them to attend.



Shoes and Attire

Ballet Classes: Ballet shoes required. Dancewear or other form-fitting clothing required.

Tap/Jazz Classes: Tap shoes and ballet or jazz shoes required. Dancewear or other form-fitting clothing required.

Jazz Classes and Creative Dance Classes: Jazz or ballet shoes required. Dancewear or other form-fitting clothing required.

Ballet/Tap/Jazz Classes: Ballet and tap shoes required. Dancewear or other form-fitting clothing required.

Dance for Musical Theater and Hip Hop: No special shoes or clothing required.

Class Dates: January 26-May 8
(No classes on February 16 and April 6-11)

Class Location: Dance Studio

Preschool Dance A 2-3 years

An introduction to dance, movement and expression for 2-3 year olds. Emphasis will be placed on ballet basics while we help our youngest dancers develop balance, coordination and rhythm. Parents or guardians must stay on premises but not in the classroom, unless requested by the instructor. Please note designated ages in classes. Preschool A classes have no special shoes or clothing requirements.

Activity #	Date	Time	Fees
Location: Dance-Right			
Instructor: Culpepper, Everybody Dance			
210203-A	Mon: 1/26-5/4*	4-4:30pm	R: \$81 / NR: \$91
Instructor: Culpepper, Everybody Dance			
210203-B	Tue: 1/27-5/5*	9:30-10am	R: \$89 / NR: \$99
Instructor: O'Hara, Everybody Dance			
210203-C	Thu: 1/29-5/7*	12:30am-1pm	R: \$89 / NR: \$99
Instructor: Dream In Color			
210203-G	Wed: 1/28-5/6*	10-10:30am	R: \$117 / NR: \$127
Instructor: Dream In Color			
210203-J	Wed: 1/28-5/6*	9:30-10am	R: \$117 / NR: \$127
Instructor: Culpepper, Everybody Dance			
210203-K	Thu: 1/29-5/7*	11-11:30am	R: \$89 / NR: \$99
Location: Senior Center-Right			
Instructor: Davis, Everybody Dance			
210203-V	Sat: 1/31-5/2*	9:30-10am	R: \$81 / NR: \$91
Location: Dance-Right			
Instructor: Dream In Color			
210203-X	Sat: 1/31-5/2*	10-10:30am	R: \$111 / NR: \$121

*No class dates 2/16, 4/6, 4/7, 4/9, 4/8, 4/11, 4/18

Everybody Dance is a contracted dance company led by Genie O'Hara and Sue Culpepper. With 15 years of experience teaching dance here at the Falls Church Community Center, our teachers provide excellent instruction and flexible class schedules. We offer a variety of classes for ages 2 and up with the goal of teaching your child the love of dance, music and physical activity. Whether your child takes one class with us or continues year after year with the goal of becoming a Company or Advanced Ballet dancer, we are committed to giving them the most positive, confidence building experience possible!

Tiny Dancers Mom & Me 2-3 years

The Tiny Dancers award winning “Mom & Me” program is shared experience between young ballet dancers ages 2-3 and a parent, grandparent or other caregiver. Group activities and individual expression are encouraged as the children choose costumes and props to interpret favorite stories and fairy tales through dance.

Instructor: Tiny Dancers

Location: Dance-Right

Activity #	Date	Time	Fees
210207-A	Fri: 1/30-3/13	10-10:45am	R: \$145 / NR: \$155
210207-B	Fri: 3/20-5/8*	10-10:45am	R: \$145 / NR: \$155

*No class dates 4/10

Tiny Dancers 3-5 years

Tiny Dancers classes are designed for girls and boys, age 3-5 as an introduction to ballet. This exceptional performance based program incorporates classical technique and includes exquisite, custom-made costumes and creative story-dance interpretations.

Instructor: Tiny Dancers

Location: Dance-Right

Activity #	Date	Time	Fees
Ages 3-4yrs			
210208-A	Fri: 1/30-3/13	11-11:45am	R: \$145 / NR: \$155
210208-B	Fri: 3/20-5/8*	11-11:45am	R: \$145 / NR: \$155

Ages 4-5yrs

210208-C	Fri: 1/30-3/13	12-12:45pm	R: \$145 / NR: \$155
210208-D	Fri: 3/20-5/8*	12-12:45pm	R: \$145 / NR: \$155

*No class dates 4/10

Preschool Dance B 3-4 years

An introduction to dance, movement and expression for 3 to 4 year olds. In Preschool B/C classes, students will be introduced to tap. Parents or guardians must stay on premises but not in the classroom. Please note designated ages in classes. Preschool B/C classes recommend ballet shoes, and tap shoes or “noisy” shoes.

Activity #	Date	Time	Fees
Location: Dance-Right			
Instructor: Culpepper, EveryBody Dance			
210213-A	Mon: 1/26-5/4*	3:15-4pm	R: \$105 / NR: \$115
Instructor: Ohr, EveryBody Dance			
210213-B	Mon: 1/26-5/4*	3:45-4:30pm	R: \$105 / NR: \$115
Instructor: Culpepper, EveryBody Dance			
210213-C	Tue: 1/27-5/5*	10-10:45am	R: \$117 / NR: \$127
Instructor: Dream in Color			
210213-D	Wed: 1/28-5/6*	10:30-11:15am	R: \$124 / NR: \$134
Instructor: Culpepper, EveryBody Dance			
210213-E	Thu: 1/29-5/7*	10:15-11am	R: \$117 / NR: \$127
Instructor: O'Hara, EveryBody Dance			
210213-F	Thu: 1/29-5/7*	1-1:45pm	R: \$117 / NR: \$127
Instructor: Dream In Color			
210213-G	Sat: 1/31-5/2*	10:30-11:15am	R: \$118 / NR: \$128
Location: Senior Center-Right			
Instructor: Davis, EveryBody Dance			
210213-H	Sat: 1/31-5/2*	11-11:45am	R: \$105 / NR: \$115

*No class dates 2/16, 4/6, 4/7, 4/8, 4/9, 4/11, 4/18

Preschool Dance C 4-5 years

In Preschool B/C classes, students will be introduced to tap. Please note designated ages in classes. Preschool B/C classes recommend ballet shoes, and tap shoes or “noisy” shoes.

Activity #	Date	Time	Fees
Location: Dance-Right			
Instructor: Culpepper, EveryBody Dance			
210214-A	Mon: 1/26-5/4*	2:30-3:15pm	R: \$110 / NR: \$120
Instructor: Ohr, EveryBody Dance			
210214-B	Mon: 1/26-5/4*	3-3:45pm	R: \$110 / NR: \$120
Instructor: Culpepper, EveryBody Dance			
210214-C	Tue: 1/27-5/5*	10:45-11:30am	R: \$122 / NR: \$132
Instructor: Dream In Color			
210214-D	Wed: 1/28-5/6*	11:15am-12noon	R: \$129 / NR: \$139
Instructor: O'Hara, EveryBody Dance			
210214-E	Thu: 1/29-5/7*	1:45-2:30pm	R: \$122 / NR: \$132
Instructor: Culpepper, EveryBody Dance			
210214-F	Fri: 1/30-5/8*	3:30-4:15pm	R: \$122 / NR: \$132
Instructor: Dream In Color			
210214-G	Sat: 1/31-5/2*	11:15am-12noon	R: \$123 / NR: \$133
Location: Senior Center-Right			
Instructor: Davis, EveryBody Dance			
210214-H	Sat: 1/31-5/2*	12-12:45pm	R: \$116 / NR: \$126
Location: Dance-Right			
Instructor: Dream In Color			
210214-I	Sat: 1/31-5/2*	12:15-1pm	R: \$123 / NR: \$133

*No class dates 2/16, 4/6, 4/7, 4/8, 4/9, 4/10, 4/11, 4/18

Dance For Musical Theatre 5.5-7 years

This class will bring together dance and theatre. Props will be used to give students the feeling of performing in musical theatre along with teaching facial expressions and exaggerated movements needed for dance in theatre.

Instructor: Lemke, EveryBody Dance

Location: Art Room

Activity #	Date	Time	Fees
220260-A	Tue: 1/27-5/5*	5:30-6:30pm	R: \$160 / NR: \$170

*No class dates 4/7

Jazz/Hip Hop 1 5.5-7 years

Very exciting dance style, done to your favorite popular music!

Instructor: Culpepper and Leopold, EveryBody Dance

Location: Dance-Right

Activity #	Date	Time	Fees
220248-A	Fri: 1/30-5/8*	4:15-5:15pm	R: \$160 / NR: \$170

*No class dates 4/10

Tap/Jazz I 5.5-7 years

Build strength, flexibility, rhythm and grace while having a great time to a variety of music.

Instructor: Culpepper and Lemke, EveryBody Dance

Location: Dance-Left

Activity #	Date	Time	Fees
210217-A	Thu: 1/29-5/7*	5:15-6pm	R: \$132 / NR: \$142

*No class dates 4/9

Dance Programs

Ballet I 5.5-7 years

This ballet class focuses on beginning ballet technique in a fun and encouraging environment. The primary goals of our Ballet I classes are to help students build a love for this classic form of dance and for students to feel successful while learning. No experience necessary!

Location: Dance-Left

Activity #	Date	Time	Fees
Instructor: Culpepper, EveryBody Dance			
220220-A	Wed: 1/28-5/6*	6:15-7pm	R: \$132 / NR: \$142
Instructor: Culpepper and Lemke, EveryBody Dance			
220220-B	Thu: 1/29-5/7*	4:30-5:15pm	R: \$132 / NR: \$142
Instructor: Autor, EveryBody Dance			
220220-C	Thu: 1/29-5/7*	6-6:45pm	R: \$132 / NR: \$142
Instructor: Edwards, EveryBody Dance			
220220-D	Sat: 1/31-5/2*	1-1:45pm	R: \$136 / NR: \$146

*No class dates 4/8, 4/9, 4/11



Ballet/Tap/Jazz I 5.5-7 years

No experience necessary. Many ballet classes are coordinated with a Tap I class for your convenience. Students will focus on proper placement, alignment and the more technical aspects and skills associated with ballet as well as build a firm foundation of basic tap footwork and terminology. Coordination and listening skills are developed as well. This class is a great option for students to explore multiple genres of dance.

Activity #	Date	Time	Fees
Location: Dance-Right			
Instructor: Lauer, EveryBody Dance			
220254-A	Mon: 1/26-5/4*	4:30-5:30pm	R: \$154 / NR: \$164
Instructor: Lemke, EveryBody Dance			
220254-B	Tue: 1/27-5/5*	4:15-5:15pm	R: \$170 / NR: \$180
Instructor: Davis, EveryBody Dance			
220254-C	Wed: 1/28-5/6*	6-7pm	R: \$170 / NR: \$180
Location: Senior Center-Right			
220254-D	Sat: 1/31-5/2*	10-11am	R: \$154 / NR: \$164

*No class dates 2/16, 4/6, 4/7, 4/8, 4/18, 4/11

Dance For Musical Theatre 5.5-7 years

Dance for Musical Theatre This class will bring together dance and theatre. Props will be used to give students the feeling of performing in musical theatre along with teaching facial expressions and exaggerated movements needed for dance in theatre.

Instructor: Lemke, EveryBody Dance

Location: Dance-Left

Activity #	Date	Time	Fees
220260-A	Tue: 1/27-5/5*	5:30-6:30pm	R: \$170 / NR: \$180

*No class dates 4/7

Dance with Me 5-10 years

This class is a great way for parents/caretakers to enjoy exercise, music, and dance together. Have fun learning jazz and ballet steps, social dances, partner games, and much more!

Instructor: Sue Culpepper, EveryBody Dance

Location: Dance-Left

Activity #	Date	Time	Fees
230201-A	Wed: 1/28-5/6*	5:30-6:15pm	R: \$84 / NR: \$94

*No class dates 4/8

Hip Hop I 6-7 years

A high-energy class that uses the latest sounds in rap, R&B and pop music together with movements influenced by some of today's hottest video choreographers presented in an age appropriate manner. Hip hop encompasses movement that has elements of poppin', locking, and breaking as well as freestyle movement to give students the opportunity to develop their own sense of style.

Instructor: Dream In Color

Location: Dance-Right

Activity #	Date	Time	Fees
220216-A	Thu: 1/29-5/7*	4:15-5:15pm	R: \$139 / NR: \$149

*No class dates 4/9



Street Jazz 6-9 years

Street Jazz is a dance form combining hip-hop and Jazz. This style of dance can be seen in videos by artists such as Brittny Spears, Mya and Usher to name a few. Students must have some background in jazz and hip-hop along with a desire to strive for their best in class.

Instructor: Dream In Color

Location: Dance-Right

Activity #	Date	Time	Fees
220213-A	Thu: 1/29-5/7*	5:15-6:15pm	R: \$139 / NR: \$149

*No class dates 4/9

Ballet/Tap Combo 1 6-9 years

No experience necessary. Many ballet classes are coordinated with a Tap I class for your convenience. Students will focus on proper placement, alignment and the more technical aspects and skills associated with ballet as well as build a firm foundation of basic tap footwork and terminology. Coordination and listening skills are developed as well. This class is a great option for students to explore multiple genres of dance.

Instructor: Dream In Color

Location: Dance-Right

Activity #	Date	Time	Fees
220224-A	Mon: 1/26-5/4*	6-7pm	R: \$149 / NR: \$159

*No class dates 2/16, 4/6

FALLS CHURCH BALLET PROGRAM

The following classes, offered by EveryBody Dance's qualified instructors, are designed for students who want to pursue ballet more intensively, beyond a recreation class level. Registration for each level requires a written referral from a program instructor prior to registration. Students must be proficient in appropriate steps at each specific level and have instructor's approval to progress to the next level. Consistent attendance and participation in class are factors beneficial for advancement. Instructor placement required. For students grades 1 and up who are ready for a more serious ballet class, with a stronger focus on technique and precision. Choose one class weekly.

Elementary Ballet 6-9 years

For students who are ready for a more serious ballet class, with a stronger focus on technique and precision. Choose one class weekly.

Activity #	Date	Time	Fees
Instructor: O'Hara, EveryBody Dance			
Location: Dance-Right			
220227-A	Tue: 1/27-5/5*	4:15-5:15pm	R: \$160 / NR: \$170
Instructor: Culpepper, EveryBody Dance			
Location: Dance-Left			
220227-B	Wed: 1/28-5/6*	4:30-5:30pm	R: \$160 / NR: \$170

Junior 1 8-10 years

For students ages 8-10 who are developmentally ready to pursue a more rigorous ballet program. Instruction will include ballet terminology, technique, placement, and strengthening.

Instructor: Culpepper, EveryBody Dance

Location: Dance-Left

Activity #	Date	Time	Fees
220227-C	Tue: 1/27-5/5*	5:15-6:15pm	R: \$160 / NR: \$170

Junior 2/3 10-13 years

With each level becoming progressively more challenging, Upper Level Junior classes are designed to encourage young dancers to develop technically as well as artistically. Level 2/3 students are required to take the Tuesday class and strongly encouraged to take the Wednesday class.

Activity #	Date	Time	Fees
Instructor: O'Hara, EveryBody Dance			
Location: Dance-Left			
220227-D	Tue: 1/27-5/5*	5:15-6:15pm	R: \$160 / NR: \$170
Instructor: Davis, EveryBody Dance			
Location: Dance-Right			
220227-E	Wed: 1/28-5/6*	7-8:15pm	R: \$140 / NR: \$150

Senior Ballet 13-18 years

At the Senior II level, students are working toward preparedness for pointe training. Program instructors typically evaluate students at the start of each semester and will provide Pointe instruction only for students who they deem to be physically ready for the challenges of Pointe work. Regular attendance at classes is essential at this level to maintain strength and prevent injury. This high level class is for students with extensive ballet training, appropriate muscular development, endurance, and the maturity needed for an extremely rigorous ballet program. Attendance at both classes weekly is expected and a third class is STRONGLY encouraged.

Location: Dance-Left

Activity #	Date	Time	Fees
Instructor: Clay, EveryBody Dance			
220227-F	Mon: 1/26-5/4*	6:30-8pm	R: \$192 / NR: \$202
Instructor: Edwards, EveryBody Dance			
220227-G	Thu: 1/29-5/7*	8-9pm	R: \$112 / NR: \$122
220227-H	Sat: 1/31-5/2*	10:15-11:45am	R: \$194 / NR: \$204
220227-I	Sat: 1/31-5/2*	11:45am-12:15pm	R: \$52 / NR: \$62

*No class dates 4/7, 4/8, 2/16, 4/6, 4/9, 4/11

Hip-Hop 7-12 years

A high-energy class that uses the latest sounds in rap, R&B and pop music together with movements influenced by some of today's hottest video choreographers presented in an age appropriate manner. Hip hop encompasses movement that has elements of poppin', locking, and breaking as well as freestyle movement to give students the opportunity to develop their own sense of style.

Instructor: Dream In Color

Activity #	Date	Time	Fees
Location: Dance-Right			
Hip Hop 2/3			
220217-C	Thu: 1/29-5/7*	6:15-7:15pm	R: \$139 / NR: \$149
Location: Senior Center-Left			
Pre-teen Hip Hop			
220217-D	Thu: 1/29-5/7*	7:30-8:30pm	R: \$139 / NR: \$149

*No class dates 4/9

Creative Dance 7-12 years

This ballet class is designed for students who would like a more expressive, creative approach to a study of dance. Instruction will incorporate elements of modern, jazz and creative movement and expression.

Instructor: Culpepper, EveryBody Dance

Location: Dance-Left

Activity #	Date	Time	Fees
Creative Dance 2			
240223-A	Wed: 1/28-5/6*	7-8pm	R: \$157 / NR: \$167
Creative Dance 3			
240223-B	Wed: 1/28-5/6*	8-9pm	R: \$157 / NR: \$167

*No class dates 4/8

If you have an idea for a new class, please submit it to dwright@fallschurchva.gov.

Dance Programs

Musical Theatre Jazz 8-11 years

This beginning Broadway style Jazz class will teach students high energy, up beat character expression and movement. The class will focus on basic jazz technique, terminology and learning combinations. This class is perfect for students newer to dance who are interested in auditioning for musical productions.

Instructor: Dream In Color

Location: Dance-Right

Activity #	Date	Time	Fees
230216-A	Wed: 1/28-5/6*	5:15-6pm	R: \$139 / NR: \$149

*No class dates 4/8

Ballet 2/3 8-13 years

This ballet class for older students provides outstanding technical instruction in a positive and encouraging environment. The primary goal of this class is to help students build a love for this classic form of dance and for students to feel successful while learning. No experience necessary!

Instructor: Lauer, EveryBody Dance

Location: Dance-Left

Activity #	Date	Time	Fees
220222-A	Mon: 1/26-5/4*	5:30-6:30pm	R: \$144 / NR: \$154

*No class dates 2/16, 4/6

Tap/Jazz 2/3 8-13 years

Build strength, flexibility, rhythm and grace while having a great time to a variety of music.

Instructor: Wilhelm, EveryBody Dance

Location: Dance-Right

Activity #	Date	Time	Fees
220231-A	Fri: 1/30-5/8*	5:30-6:30pm	R: \$160 / NR: \$170

*No class dates 4/10

Jazz/Hip Hop 2/3 8-13 years

Very exciting dance style, done to your favorite popular music!

Instructor: Wilhelm, EveryBody Dance

Location: Dance-Right

Activity #	Date	Time	Fees
220249-A	Fri: 1/30-5/8*	6:30-7:30pm	R: \$160 / NR: \$170

*No class dates 4/10

Dance for Musical Theatre 2/3 8-13 years

This class will bring together dance and theatre. Props will be used to give students the feeling of performing in musical theatre along with teaching facial expressions and exaggerated movements needed for dance in theatre.

Instructor: Ohr, EveryBody Dance

Location: Dance-Left

Activity #	Date	Time	Fees
240260-A	Mon: 1/26-5/4*	4:30-5:30pm	R: \$144 / NR: \$154

*No class dates 2/16, 4/6

Beginner Modern 9-12 years

Modern dance is a contemporary dance form that has its roots in ballet. Classes include floor and center work that incorporates the use of gravity and technique work. The movement vocabulary and range of motion used is endless and creative and draws on each student's personal expression. Classes may include improvisation and creative exercises.

Instructor: Dream In Color

Location: Dance-Right

Activity #	Date	Time	Fees
230217-A	Wed: 1/28-5/6*	4:15-5:15pm	R: \$146 / NR: \$156

*No class dates 4/8

Teen/Adult Ballet 12 & up

Contemporary Teen/Adult Ballet (No experience necessary.) This class is available to all students' grades 6 and above who wish to experience the beauty of ballet in a contemporary style using contemporary music. A fun way to express yourself and build strength and flexibility.

Instructor: Autor, EveryBody Dance

Location: Dance-Left

Activity #	Date	Time	Fees
240222-A	Thu: 1/29-5/7*	7-8pm	R: \$160 / NR: \$170

*No class dates 4/9

Ballroom Wedding Dances

NEW!

16 & up

Learn to dance for that special occasion, your wedding. Or, just take the course to learn the three most common ballroom wedding dances, the Waltz, Foxtrot and Rumba. These are the three basic slow dances that couples chose for their special first dance. You'll learn proper dance position, how to lead and follow, and some basic patterns that you can use to form a routine for your dance. The fee includes eight lessons, total 12 hours of instruction.

Instructor: Tom Woll & Assoc.

Location: Senior Center-Right

Activity #	Date	Time	Fees
250207-A	Thu: 1/29-3/19	7-8:30pm	R: \$108 / NR: \$118
250207-B	Thu: 4/16-6/4	7-8:30pm	R: \$108 / NR: \$118

Social Dance- Basic Survival I

NEW!

16 & up

Designed with the non-dancer in mind, learn the dance basics needed to survive that wedding reception, cruise ship vacation, or New Year's Eve dance and to do it with style and grace. This course covers the basics of Waltz, Rumba, Foxtrot, Tango, Swing, Cha Cha, and Merengue with proper dance position, and how to lead and follow. Partners encouraged, but singles are welcome. Optional instruction aids, publications, audio tapes and CD's will be available for purchase. The fee includes 8 lessons, total 12 hours of instruction.

Instructor: Tom Woll & Assoc.

Location: Senior Center-Right

Activity #	Date	Time	Fees
250210-A	Thu: 1/29-3/19	8:30-10pm	R: \$108 / NR: \$118
250210-B	Thu: 4/16-6/4	8:30-10pm	R: \$108 / NR: \$118

PROFESSIONAL DAY CAMPS

African American Artists 6-12 years

This workshop will take a look at the diverse styles and techniques used by several African American Artists. Get an extra dose of happiness by exploring the upbeat, colorful artwork of Alma Thomas. Create a jazzy collage in the style of Romare Bearden and more! Children should bring a bag lunch.

Location: Art Room

Activity #	Date	Time	Fees
281416-A	Mon: 1/19	9am-3pm	R: \$60 / NR: \$70

Celebrate America 6-12 years

In this workshop, students will learn about famous American artists who celebrate America and capture the essence of our culture through their work. We will work on developing our ability to create details by using our keen observation skills as we learn about Americana Folk Art, Pop Art and more! Children should bring a bag lunch.

Location: Art Room

Activity #	Date	Time	Fees
281417-A	Tue: 1/20	9am-3pm	R: \$60 / NR: \$70

What Makes Art Pop 6-12 years

This workshop has "Wow" effects. Students will make a bold impression while we study the exciting world of Pop Art. They will learn about "encaustic" painting, texture, and find out what makes art Pop! Come join the fun as we stretch our creative muscles and exercise our right brains! (In addition to three lessons, the kids will also create a special surprise to be delivered just in time for Valentine's Day). Children should bring a bag lunch.

Location: Teen Center

Activity #	Date	Time	Fees
281418-A	Fri: 1/30	9am-3pm	R: \$70 / NR: \$80

Get Wacky About Cubism 6-12 years

In this workshop young artists will study the works of famous cubist artists. See how funny you look in a semi-blind contour line drawing. Study how interposition can create depth to your art. Go green while creating a masterpiece in the style of George Braque using recyclable materials. (In addition to three lessons, the kids will also create a special surprise to be delivered just in time for Mother's Day). Children should bring a bag lunch.

Location: Community Room

Activity #	Date	Time	Fees
281419-A	Fri: 4/24	9am-3pm	R: \$70 / NR: \$80

If you have an idea for a new class, please submit it to dwright@fallschurchva.gov.

WINTER BREAK CAMPS

Many Ways to Create 3-12 years

Sculpture, painting and collage are just a few ways to create magnificent artwork. In this camp the students will work with a variety of materials and techniques while learning about famous artists and world cultures. **Extended care is not available for the half-day session. Children must be fully potty trained.**

Activity #	Date	Time	Fees
Ages 3-6			

Location: Teen Center

181403-A	Mon-Wed: 12/29-12/31	9am-12noon	R: \$115 / NR: \$125
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Ages 6-12

Location: Art Room

181403-B	Mon-Wed: 12/29-12/31	9am-3pm	R: \$175 / NR: \$185
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Extended Care Location: Teen Center

AM extended care 7-9am	\$15	189991-A
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PM extended care 3-6pm	\$20	189992-A
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No PM extended care on 12/31.

Holiday Hilarity 6-10 years

Looking for a creative outlet during Winter Break? Join the Educational Theater Company for a riot of Holiday Hilarity in this comedy send up of that special time of year! Teaching artist Rex Daugherty will lead a fast paced spree of theater, turning three days of drama camp into a capstone cabaret performance for the year 2008.

Location: Dance-Right and Community Room

Activity #	Date	Time	Fees
181404-A	Mon-Wed: 12/29-12/31	9am-3pm	R: \$126 / NR: \$136

Extended Care Location: Teen Center

AM extended care 7-9am	\$15	189991-A
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PM extended care 3-6pm	\$20	189992-A
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No PM extended care on 12/31.

All American Sports Camps 6-11 years

The primary purpose of this camp is for children to have fun while being introduced to a variety of sports skills and activities. Campers will improve their athletic ability, increase their knowledge of sports, be physically active, display sportsmanship like conduct, and more. A calendar of events will be distributed on the first day of the session.

Location: Gym-Full

Activity #	Date	Time	Fees
181401-A	Mon-Wed: 12/29-12/31	9am-3pm	R: \$95 / NR: \$105

Extended Care Location: Teen Center

AM extended care 7-9am	\$15	189991-A
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PM extended care 3-6pm	\$20	189992-A
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No PM extended care on 12/31.



SPRING BREAK CAMPS

Abrakadoodle Art Camp 3-12 years

Children will enjoy creating art using many different types of mediums and tools while learning about famous artists past and present. Find out why listening to music while creating art is fun. How do you feel? Learn how to express your feelings while developing skill with watercolor when you learn about the famous expressionist artists. Or maybe you are a Pop Artist. Discover what makes Pop Art (pop) when you use oil pastels to create a work of art. (Children must be fully potty trained). Please send a snack (no peanuts, please!) and drink with your child each day.

Instructor: Abrakadoodle

Activity #	Date	Time	Fees
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Location: Teen Center

Art Camp - Ages 3-6

281402-A	Mon-Fri: 4/6-4/10	9am-12pm	R: \$185 / NR: \$195
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Extended care is not available for the half day session.

Art Camp - Ages 6-12

Location: Art Room

281402-B	Mon-Fri: 4/6-4/10	9am-3pm	R: \$285 / NR: \$295
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Extended Care Location: Teen Center

AM extended care 7-9am	\$20	281405-A
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PM extended care 3-6pm	\$25	281406-A
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If you have an idea for a new class, please submit it to dwright@fallschurchva.gov.

The Samurai Warrior – Training Camp

6-14 years

WANTED! Peasant Farmers willing to be trained as Samurai Warriors! In an effort to foil an attack against his empire, Emperor Mashugana is putting together an army of Samurai Soldiers. The battle is eminent! The stakes are high! Any boy or girl ages 6-14 willing and tough enough to take on Prince Whatshisface and his Ninja rangers please register! A personal word from the Emperor: "Hey! Come on kids, you gotta' help a fella' out. If we win, I'll throw in a free pizza party at the end of the week! All warriors will be making their own shields, armor, helmets, etc.

Location: Dance-Left

Activity #	Date	Time	Fees
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281403-A	Mon-Fri: 4/6-4/10	9am-3pm	R: \$200 / NR: \$210
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Extended Care Location: Teen Center

AM extended care 7-9am	\$20	281405-A
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PM extended care 3:30-6pm	\$25	281406-A
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Soccer Academy Camp 5-13 years

Soccer Academy Neighborhood Camp is designed to teach soccer to children in a progressive series of steps. All activities are organized to provide age and ability challenges. Players are subdivided into appropriate age groups. Practices are designed to be fun and enjoyable. This camp will feature soccer training and development and will also feature competitions.

Location: George Mason H.S. Fields

Activity #	Date	Time	Fees
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281412-B	Mon-Fri: 4/6-4/10	9am-1pm	R: \$185 / NR: \$195
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There is no PM extended care for the half day camp.

281412-A	Mon-Fri: 4/6-4/10	9am-3:30pm	R: \$215 / NR: \$225
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Extended Care Location: George Mason Gym

AM extended care 8-9am	\$25	281414-A
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PM extended care 3:30-5pm	\$35	281415-A
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Giant Basketball Academy 8-12 years

Giant Basketball Camp will teach basketball in a positive and fun learning environment while focusing on sportsmanship and team values. The daily schedule will include warm-up, teaching stations, games, competitions and lectures. The last day of camp will consist of finals and an awards ceremony.

Location: Gym-Full

Activity #	Date	Time	Fees
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281400-A	Mon-Fri: 4/6-4/10	9am-3pm	R: \$125 / NR: \$135
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Extended Care Location: Teen Center

AM extended care 7-9am	\$20	281405-A
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PM extended care 3-6pm	\$25	281406-A
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Golf Camp 8-17 years

Each day at camp, the children will rotate from station to station learning golf skills. Instructors teach skills of the game as well as rules and etiquette. Contests will be held and at least one actual round of golf will be played (weather permitting). A hat, souvenir water bottle, tee shirt, snacks and bottled water will be provided. Transportation is provided to and from the camp located in Oakton, VA. Campers will depart from the Falls Church Community Center lower lobby.

Activity #	Date	Time	Fees
281411-A	Mon-Fri: 4/6-4/10	9am-3pm	R: \$375 / NR: \$385
281411-B	Mon-Fri: 4/13-4/17	9am-3pm	R: \$375 / NR: \$385

Extended Care Location: Teen Center

AM extended care 7-9am	\$20	281405-A
PM extended care 3-6pm	\$25	281406-A

There is no extended care for the week of 4/13-4/17

Teen Excursion Camp Grades 5-7

Campers will experience a Challenge Ropes Course, go caving, rock climbing, horseback riding, and visit an amusement park. This camp is for 5th-7th graders. Transportation is provided. The daily times for the camp vary depending on the day's trip. Campers will depart from the Falls Church Community Center upper lobby.

Activity #	Date	Time	Fees
Teen Excursion Camp – Entire Week			
281407-A	Mon-Fri: 4/6-4/10	varies	R: \$300 / NR: \$310

Extended Care Location: Teen Center

AM extended care 7-9am	\$20	281405-A
PM extended care 3-6pm	\$25	281406-A

Horseback Riding only

281407-B	Mon: 4/6	8:30am-5pm	R: \$90 / NR: \$100
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Ropes Course only

281407-C	Tue: 4/7	8:30am-5pm	R: \$70 / NR: \$80
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Caving only

281407-D	Wed: 4/8	8:30am-5pm	R: \$75 / NR: \$85
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Rock Climbing only

281407-E	Thu: 4/9	8:30am-5pm	R: \$70 / NR: \$80
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Amusement Park only*

281407-F	Fri: 4/10	8am-8pm	R: \$65 / NR: \$75
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*In the event that no local amusement parks are open on this day, another trip will be substituted in its place.



Olympic Fencing Ages 9-13

Known as the “physical game of chess” and the fastest martial art, fencing provides a tremendous physical and mental workout. A fencer’s goal is to hit the opponent on a valid target without being hit. All movements include handwork, footwork, and strategy formulation. Protective masks, jackets and safety tipped swords are used to make fencing one of the safest sports for children and adults alike. There is no extended care for this camp. Transportation is not provided.

Location: VA Fencing Academy - 5401-B Port Royal Rd., Springfield, VA, 22151

Activity #	Date	Time	Fees
281409-A	Mon-Fri: 4/6-4/10	9am-12noon	R: \$170 / NR: \$180

Historical Swordsmanship



Ages 9-13

Students explore swordsmanship the way that is was originally practiced in the Renaissance and Medieval periods. Historical swordsmanship recreates the techniques used by fencers who lived before the modern sport was created. There is no extended care for this camp. Transportation is not provided.

Location: VA Fencing Academy- 5401-B Port Royal Rd., Springfield, VA, 22151

Activity #	Date	Time	Fees
281410-A	Mon-Fri: 4/6-4/10	12:30-3:30pm	R: \$170 / NR: \$180



The Steps to Acting Ages 6-10

The first task facing any actor, new or experienced, is getting the chance to act. The second, once cast, is to make the experience as rewarding as possible. During this one-week course, students will practice arts to help them “stand out” including an interesting and expressive “stage voice”, physical stamina and control. Students will learn tricks of the trade through extensive games and improvisation.

Location: Dance-Right

Activity #	Date	Time	Fees
281413-A	Mon-Fri: 4/6-4/10	9am-3pm	R: \$210 / NR: \$220
Extended Care Location: Teen Center			
AM extended care 7-9am		\$20	281405-A
PM extended care 3-6pm		\$25	281406-A

Teen Programs

TEEN CENTER

The Teen Center is Open exclusively for teens Monday – Friday from 3-6pm and during early release Wednesdays. The drop-in Teen Center features a pool table, air hockey table, ping pong table, internet access, large screen television with cable access, lounge chairs, and a stereo system with surround sound. A Play Station 2 with a variety of games is available for teen use. Every Wednesday free snacks are provided and a new release movie is shown on the big screen television. Come hang out with your friends in a fun and supervised atmosphere. For more information regarding activities, please call Ms. Amy, Teen Coordinator at **703-248-5307**.

Teen Council

The Falls Church Teen Council is a group of 5th through 7th graders who choose to be active in their community. The council meets monthly to discuss improvements for teen programs at the Community Center, plan monthly volunteer projects, and discuss issues facing today's teens. Memberships are still being accepted. Applications are available at the Community Center. There is a fee of \$15 but payment can be turned in at a later date.



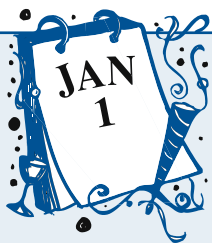
Midnight Madness

If you like scavenger hunts, games, food, movies, tournaments, sports, karaoke and hanging out with your friends, then Midnight Madness at the Falls Church Community Center is the spot for you! Refreshments are sold and prizes are awarded! Midnight Madness is from 7pm-12midnight on January 23, February 6, March 13, April 3 and May 1.



Middle School Dances

It is party time! The Recreation and Parks Department sponsors monthly dances for students in grades 6 through 8. While Mr. DJ spins your favorites, dance, socialize, play basketball, ping pong, pool and more! Admission is \$3. Refreshments are sold. Bring a friend or come meet new friends. Either way, don't miss the action! Once you enter the facility, you may not leave without a parent. Dances are 7:30-10:30pm except for May which is 8-11pm. Dances are on the following Saturdays: January 17, February 21, March 28, and May 9.



New Year's Eve Party 10-14 years

The Falls Church Community Center presents its annual New Year's Eve Extravaganza exclusively for middle schoolers. While Mr. DJ plays your favorites, don't forget to make time for the obstacle course, defender dome, movies, food, basketball and of course, the big countdown! So don't miss your chance to

celebrate the New Year with your friends at the coolest party in town. Join us for food, games, door prizes and much, much more!

Location: Community Center

Activity #	Date	Time	Fees
Early Bird Special			
141503-A	Wed/Thu: 12/31-1/1	7pm-1am	\$15
Regular Admission			
141503-B	Wed/Thu: 12/31-1/1	7pm-1am	\$20
Day of the Event Fee			
141503-C	Wed/Thu: 12/31-1/1	7pm-1am	\$25
Parent Chaperone (three hour minimum)			
141503-D	Wed/Thu: 12/31-1/1	7pm-1am	FREE



Movie Wednesdays at the Teen Center

The lights are low and the snacks and drinks are provided every Wednesday at the Teen Center for Movie Wednesday. Newly released as well as old favorites are shown. Don't miss your chance to relax with your friends and watch a movie!

Movie Mania at the Theaters

10-14 years

Check out the latest releases with our friends at the movie theater. All movies will be rated PG-13 or lower. Please bring money for snacks. Meet at 3pm. Return times may vary.

Activity #	Date	Time	Fees
241460-A	Thu: 1/22	3-6:30pm	\$15
241460-B	Thu: 2/19	3-6:30pm	\$15
241460-C	Thu: 3/26	3-6:30pm	\$15
241460-D	Thu: 4/23	3-6:30pm	\$15
241460-E	Thu: 5/21	3-6:30pm	\$15



Ultra Zone 10-14 years

Come with us to Ultrazone® for the ultimate laser adventure. Ultrazone in Falls Church is the premier laser tag facility in Northern VA - offering state of the art laser tag games and arcade games. Please bring spending money and \$7.50 per game or \$17.00 for three games.

Activity #	Date	Time	Fees
241439-A	Thu: 1/8	3-7pm	\$17



Madame Tussaud's 10-14 years

From Hollywood to politics to history to sports, come see it all and don't forget your camera! Please bring \$16 for admission and additional money for the metro.

Activity #	Date	Time	Fees
241482-A	Wed: 1/14	1-5pm	\$16

Snow Tubing 10-18 years

Enjoy your day snow tubing with us at Liberty Mountain. Enjoy two hours of tubing on the mountain's fifteen lanes. The covered moving carpet lift conveys you to the top on the mountain and you slide down allowing you to have lots of fun with very little effort! Please bring additional money for food. Waivers are required.

Activity #	Date	Time	Fees
241411-A	Tue: 1/20	9am-5pm	\$49

Monster Jam 10-18 years

Come with us to the Verizon Center for Monster Jam Truck Racing! Watch the Monster Trucks crush smaller vehicles as they compete in preparation for the Monster Jam World Finals in March. Please bring money for the metro and snacks.

Activity #	Date	Time	Fees
241483-A	Sat: 1/24	5:30-10:30pm	\$34

Ice Skating 10-14 years

Come skate outdoors at the National Gallery of Art Sculpture Garden. Enjoy music and art while you skate! Please bring \$12 for admission, locker and skate rental as well as additional money for the metro and snacks at the Pavilion Cafe.



Activity #	Date	Time	Fees
241409-E	Tue: 2/3	3-8pm	\$19

Liberty Mountain Ski & Snowboard 10-18 years

Grab your winter gear and hit the slopes with us at Liberty Mountain Resort. Maxing out at a height of 620 feet, this resort has 16 trails to try. Don't miss your chance to ride down the 5200 feet long Dipsy Doodle. Please bring additional money for food. Waivers are required.

Trip Date: Friday, January 30

Trip Time: 8am-8pm

Activity #	Fees
241403-A Lift Ticket Only	\$84
Provides access to all open lifts and trails	
241403-B Learn to Ski	\$99
Provides rental equipment, first class lesson and access to beginner lifts and trails	
241403-C All Mountain Ski	\$119
Provides rental equipment, one hour lesson at your ability level and access to all trails and lifts	
241403-D Learn to Snowboard	\$99
Provides rental equipment, first class lesson and access to beginner lifts and trails	
241403-E All Mountain Board	\$119
Provides rental equipment, one hour lesson at your ability level and access to all trails and lifts	

Whitetail Ski & Snowboard 10-18 years

Grab your gear and hit the slopes with us at Whitetail Mountain in Pennsylvania. This area features nine lifts servicing twenty trails. They also have a half pipe and a terrain park. Please bring additional money for food. Waivers are required.

Trip Date: Saturday, February 7

Trip Time: 8am-8pm

Activity #	Fees
241401-A Lift Ticket Only	\$99
Provides access to all open lifts and trails.	
241401-B Beginner Skier	\$124
Provides rental equipment, first class lesson and access to beginner lifts and trails	
241401-C All Mountain Skier	\$139
Provides rental equipment, a class lesson at your ability level and access to all trails and lifts	
241401-D Beginner Boarder	\$124
Provides rental equipment, first class lesson and access to beginner lifts and trails	
241401-E All Mountain Border	\$139
Provides rental equipment, a class lesson at your ability level and access to all trails and lifts	

Teen Activities

Shadow Land 10-14 years

Travel with us to Shadow Land where laser adventures, arcades, karaoke and snacks are only a short drive away. Please bring \$15 for two adventures and additional money for other games and snacks.

Activity #	Date	Time	Fees
241490-A	Wed: 2/11	3-8pm	\$18

Shopping Trip 10-14 years

Come with your friends and shop around at all your favorite stores. Dulles Town Center features two levels with over 185 stores. Don't forget to check their website for the latest merchant specials!

Activity #	Date	Time	Fees
241468-B	Tue: 2/17	3-8pm	\$14



Spy Museum 10-14 years

The Spy Museum showcases more than 200 gadgets, weapons, bugs, cameras, vehicles, and technologies used for espionage throughout the world. Learn how a spy uses all types of gadgets from invisible ink, cameras, and other stylish spy equipment. Please bring money for the metro, food, and souvenirs.

Activity #	Date	Time	Fees
241413-A	Thu: 2/26	3-8pm	\$32

National Aquarium in Baltimore

10-14 years

Come with us to the National Aquarium in Baltimore to the home of over 16,500 animals ranging from amphibians, birds, invertebrates, fish, mammals and more! Trip goes will tour the aquarium and see "Play! The Dolphin Show".

Activity #	Date	Time	Fees
241434-A	Wed: 3/11	12:45-6pm	\$44



Harlem Globetrotters 10-18 years

Join us at the Patriot Center and witness the "Magic Circle". Watch this historic team as they show off their trick shots, high-f ying dunks and more! Be ready to be entertained! Please bring additional money for snacks.

Activity #	Date	Time	Fees
241441-A	Sat: 3/14	6-10:30pm	\$44

ESPN Zone 10-14 years

Join us at ESPN Zone for large screen televisions, air hockey, bowling, basketball, arcade games and great food! Please bring money for the metro, food and games.

Activity #	Date	Time	Fees
241418-A	Tue: 3/17	3-8pm	\$19



Washington Nationals Game 10-18 years

Take me out to the ball game, Take me out with the crowd; Buy me some peanuts and Cracker Jacks, I don't care if I never get back. Let me root, root, root for the home team, If they don't win, it's a shame. For it's one, two, three strikes, you're out, At the old ball game. Come and join to see your Washington Nationals take on the Florida Marlins. Please bring money for the metro, food and souvenirs.

Activity #	Date	Time	Fees
241455-A	Sat: 4/18	TBD	TBD

Swimming 10-14 years

Get your bathing suits back into the water at the Leisure Pool at the Cub Run RECenter. The pool features a 30-foot-high slide that exits the building in an enclosed tube, a 20-foot-high slide with an open tube, an open shallow water area, a water playground with interactive play features and more! Please bring \$9 with you the day of the trip.

Activity #	Date	Time	Fees
241421-A	Tue: 4/21	3-7pm	\$31



Paintball 10-14 years

Ready, Aim, Fire! Take aim at your friends at Hogback Mountain. All necessary rental equipment is provided as well as 500 paintballs. Come out and enjoy a day of playing paintball. Please bring \$5 for lunch and money for extra paintballs.

Activity #	Date	Time	Fees
241448-A	Fri: 4/24	8:30am-6pm	\$64



National Zoo 10-14 years

Home to giant pandas, Mei Xiang, Tian Tian and their cub, Tai Shan, the National Zoo is a great place to visit. Other exciting animals include the Asian elephant, Sumatran tiger cubs, North American River Otters and much, much more! Please bring money for the metro and snacks.

Activity #	Date	Time	Fees
241423-A	Thu: 4/30	3-8:30pm	\$19



Nationals Stadium Tour 10-14 years

Throw a pitch in the Nationals Bullpen, experience the Nationals indoor batting cages, touch the new HD scoreboard, tour the press box, dugout, clubhouse and more! Please bring additional money for the metro.

Activity #	Date	Time	Fees
241480-A	Wed: 5/6	3-8pm	\$34

Great Falls Hiking 10-14 years

Hike with us at this beautiful 800 acre park featuring 15 miles of hiking trails. See the Potomac River make its way through the Mather Gorge at its three overlooks. Don't forget your camera!

Activity #	Date	Time	Fees
241410-A	Mon: 5/11	3-8pm	\$14



Horseback Riding 10-14 years

Enjoy an afternoon in the foothills of the Blue Ridge Mountains on a relaxing ninety minute ride through the beautiful 4,200 acre Marriott Ranch. See lots of cattle and beautiful scenery on this adventure. Please wear pants and please bring additional money for food.

Activity #	Date	Time	Fees
241405-A	Wed: 5/13	1-7pm	\$54

Cosmic Bowling 10-14 years

At Bowl America, when the lights go out, the pins light up, fog rolls over the lanes, lasers beam around the room and the music rocks. The fee includes shoe rental and games. Please bring additional money for snacks.



Activity #	Date	Time	Fees
241406-A	Fri: 5/29	9pm-12midnight	\$29

Tubing On the Shenandoah River 10-18 years

The river meanders lazily as you drop over shallow ledges along the foot of the Blue Ridge Mountains on this mellow and beautiful stretch of river. Please bring additional money to enjoy the great grilled food, ice cream, smoothies, cool drinks and snacks at our Blue Heron Grill right by the river!

Activity #	Date	Time	Fees
241484-A	Sat: 5/30	10:30am-6pm	\$49



Teen Activities

HIGH SCHOOL TRIPS

Washington Wizards Game 13-18 years

The Verizon Center is calling all Wizards fans! Come see the Wizards take on the New York Knicks. Please bring money for the metro and snacks.

Activity #	Date	Time	Fees
241412-A	Fri: 1/16	5-11pm	\$59



Snow Tubing 10-18 years

Enjoy your day snow tubing with us at Liberty Mountain. Enjoy two hours of tubing on the mountain's fifteen lanes.

The covered moving carpet lift

conveys you to the top on the mountain and you slide down allowing you to have lots of fun with very little effort! Please bring additional money for food.

Waivers are required.

Activity #	Date	Time	Fees
241411-A	Tue: 1/20	9am-5pm	\$49

Monster Jam 10-18 years

Come with us to the Verizon Center for Monster Jam Truck Racing! Watch the Monster Trucks crush smaller vehicles as they compete in preparation for the Monster Jam World Finals in March. Please bring money for the metro and snacks.

Activity #	Date	Time	Fees
241483-A	Sat: 1/24	5:30-10:30pm	\$34



Washington Capitals Game 13-18 years

Travel to the Verizon Center with us to watch the Washington Capitals take on the Colorado Avalanche. Please bring money for the metro and snacks.

Activity #	Date	Time	Fees
241449-A	Fri: 2/20	4-11pm	\$49

Liberty Mountain Ski & Snowboard 10-18 years

Grab your winter gear and hit the slopes with us at Liberty Mountain Resort. Maxing out at a height of 620 feet, this resort has 16 trails to try. Don't miss your chance to ride down the 5200 feet long Dipsy Doodle. Please bring additional money for food. Waivers are required.

Trip Date: Friday, January 30

Trip Time: 8am-8pm

Activity #	Fees
241403-A Lift Ticket Only	\$84

Provides access to all open lifts and trails

241403-B Learn to Ski	\$99
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Provides rental equipment, first class lesson and access to beginner lifts and trails

241403-C All Mountain Ski	\$119
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Provides rental equipment, one hour lesson at your ability level and access to all trails and lifts

241403-D Learn to Snowboard	\$99
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Provides rental equipment, first class lesson and access to beginner lifts and trails

241403-E All Mountain Board	\$119
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Provides rental equipment, one hour lesson at your ability level and access to all trails and lifts



Whitetail Ski & Snowboard 10-18 years

Grab your gear and hit the slopes with us at Whitetail Mountain in Pennsylvania. This area features nine lifts servicing twenty trails. They also

have a half pipe and a terrain park. Please bring additional money for food. Waivers are required.

Trip Date: Saturday, February 7

Trip Time: 8am-8pm

Activity #	Fees
241401-A Lift Ticket Only	\$99

Provides access to all open lifts and trails.

241401-B Beginner Skier	\$124
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Provides rental equipment, first class lesson and access to beginner lifts and trails

241401-C All Mountain Skier	\$139
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Provides rental equipment, a class lesson at your ability level and access to all trails and lifts

241401-D Beginner Boarder	\$124
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Provides rental equipment, first class lesson and access to beginner lifts and trails

241401-E All Mountain Border	\$139
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Provides rental equipment, a class lesson at your ability level and access to all trails and lifts

Dave and Busters 13-18 years

Looking for great food and lots of games? Look no further! Join us on a trip to Dave and Busters and feel like a kid again! Please bring money for food and games.

Activity #	Date	Time	Fees
241477-A	Wed: 2/25	3-9pm	\$19

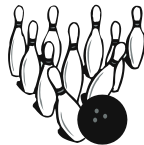
Harlem Globetrotters 10-18 years

Join us at the Patriot Center and witness the "Magic Circle". Watch this historic team as they show off their trick shots, high-flying dunks and more! Be ready to be entertained! Please bring additional money for snacks.

Activity #	Date	Time	Fees
241441-A	Sat: 3/14	6-10:30pm	\$44

Cosmic Bowling 13-18 years

At Bowl America, when the lights go out, the pins light up, fog rolls over the lanes, lasers beam around the room and the music rocks. The fee includes shoe rental and games. Please bring additional money for snacks.



Activity #	Date	Time	Fees
241406-B	Fri: 3/20	9-12midnight	\$29

Washington Nationals Game 10-18 years

Take me out to the ball game, Take me out with the crowd; Buy me some peanuts and Cracker Jacks; I don't care if I never get back. Let me root, root, root for the home team, If they don't win, it's a shame. For its one, two, three strikes, you're out, at the old ball game. Come and join to see your Washington Nationals take on the Florida Marlins. Please bring money for the metro, food and souvenirs.

Activity #	Date	Time	Fees
241455-A	Sat: 4/18	TBD	TBD



Adventure Park 13-18 years

This great park features Horseless Carriage Go Karts, the Wildcat Roller Coaster, Desert Oasis Mini Gold, Hang 'Em High Ropes Course, a Rock Wall, West World Laser Tag, 90 Arcade Game and more! Please bring additional money for snacks and the arcade games. There is a waiver and additional fees required for those interested in paintball.

Activity #	Date	Time	Fees
241479-A	Fri: 4/17	3:30-10pm	\$44

ComedySportz @ the Comedy Spot 13-18 years

ComedySportz is a PG, hilarious comedy show where two teams battle for laughs while a referee calls fouls and the audience votes for the winners. (It's not a comedy show ABOUT sports; it's the comedy show that IS a sport.)

Activity #	Date	Time	Fees
241485-A	Fri: 5/8	6:30-10:30pm	\$31

Tubing On the Shenandoah River 10-18 years

The river meanders lazily as you drop over shallow ledges along the foot of the Blue Ridge Mountains on this mellow and beautiful stretch of river. Please bring additional money to enjoy the great grilled food, ice cream, smoothies, cool drinks and snacks at our Blue Heron Grill right by the river!

Activity #	Date	Time	Fees
241484-A	Sat: 5/30	10:30am-6pm	\$49



Sport Classes

SPORT CLASSES



Beginning Olympic Sport Fencing

Fencing is an Olympic sport that is beneficial for students of all athletic abilities. Often called the physical game of chess, it improves coordination, balance, grace, and reflexes. This course primarily utilizes the foil, a light thrusting sword, but also introduces the sabre (the modern equivalent of the cavalry sword) and the epee (the modern equivalent of the rapier). This course has been designed by a Russian national champion and Professor of Fencing at American and George Mason Universities. A registration form will need to be completed and an equipment rental fee of \$29 is payable on the first day of class.

Instructor: VA Academy of Fencing

Location: VA Academy of Fencing

Activity #	Date	Time	Fees
Ages 9-13			
220501-A	Fri: 1/30-3/6	7-8pm	R: \$85 / NR: \$95
Ages 14-Adult			
220501-B	Fri: 1/30-3/6	8-9pm	R: \$85 / NR: \$95



Historical Swordsmanship 9-13 years

Based on Medieval and Renaissance techniques, the sword fighting disciplines that will be explored are the rapier (the traditional dueling weapon) and the two-handed sword (the knightly European Medieval sword). Practice swords used in class are the shinai (made of bamboo) and the foil. A registration form will need to be completed and an equipment rental fee of \$29 is payable on the first day of class.

Instructor: VA Academy of Fencing

Location: VA Academy of Fencing

Activity #	Date	Time	Fees
Ages 9-13			
220502-A	Mon: 2/2-3/9	5-6pm	R: \$85 / NR: \$95
Ages 14-Adult			
220502-B	Sat: 1/31-3/7	2-3pm	R: \$85 / NR: \$95



Karate 9 & up

Beginning Karate is an introductory class for people of all ages interested in learning martial arts. The beginner class covers basic blocks, kicks, punches, self-defense techniques, and forms (katas) that are common to many martial arts. The physical requirements are tailored to the students' capabilities. Beginning students do not participate in any sparring (fighting). The Intermediate/ Advanced class is intended for students with experience in martial arts and will include practice blocks, kicks, punches, self-defense techniques, and forms (katas) for advancement to senior belt levels. Classes will also include sparring as part of the training. Students are required to have significant experience before participating in sparring to ensure everyone's safety. Continuing students are expected to have uniforms. For additional information, please visit www.StratfordKarate.org.

Instructors: Bill Kennedy and Richard Hathaway

Location: Dance-Right

Activity #	Date	Time	Fees
Beginning Karate			
250502-A	Mon: 1/26-5/18*	7-8pm	R: \$105 / NR: \$115
Intermediate Karate			
250502-B	Mon: 1/26-5/18*	8:15-9:15pm	R: \$105 / NR: \$115
Advanced Karate			
250502-C	Thu: 1/29-5/14*	7:15-8:15pm	R: \$105 / NR: \$115
Black Belt Karate			
250502-D	Thu: 1/29-5/14*	8:30-9:30pm	R: \$105 / NR: \$115

*No class dates 2/16, 4/6, 4/9

If you have an idea for a new class, please submit it to dwright@fallschurchva.gov.

YOUTH SPORTS



Spring Soccer 5-14 years

Early Bird Registration: February 9 - March 1

Resident: \$70 Non-Resident: \$80

Regular Registration: March 2 - 8

Resident: \$85 Non-Resident: \$95

Teams will be formed by age groups and will participate in the Arlington Soccer Association. Practices and games will be

held at nearby fields; times vary by team. Volunteer coaches are needed! Call 703-248-5077 for registration, fees and league rule information.

1st Touch Soccer Clinic 3-4 years

Registration: July 21 until clinic is filled.

First Touch is a program designed to develop your young players love and interest in soccer by providing the fundamental skills and techniques needed. A six session course open to boys and girls age 3 to 4. Each hour long session focuses on a different skill of the game. Footwork, dribbling, passing, shooting, 1st touch, juggling are followed with live games to finish each day.

611104-A: 3 yr olds - 9am.

611104-B: 4 yr olds - 10am

Falls Church Youth Lacrosse Club

Ages 7-15

Come play the fastest sport on two feet and become a part of the fastest growing sport in Northern Virginia. Beginners to advanced, all individuals are welcome. Our teams play in the Northern Virginia Youth Lacrosse League against teams throughout Northern Virginia. Practices begin in mid-March concluding with playoffs in early June. Practice on local fields twice a week with a weekend game. Register online at www.fclaxclub.com. Volunteer coaches needed.



Hershey Track & Field Meet Ages 9-14

The local qualifying meet will be held at George Mason High School on Sunday May 17 (Rain date, Monday May 18). Registration begins May 1. Volunteers are needed! Call 703-248-5077 for more information.

Basketball Competition – Free Throw/ 3 point Shootout Ages 9-17

Free Throw/3pt Shootout Competition - Come on out and test your basketball skills in the Annual Falls Church Free Throw/3pt Contest. This event is free of charge and all kids ages 9-17 are encouraged to attend. The event will take place on Sunday, March 1 2009 at 2pm at the Falls Church Community Center. Call 703-248-5077 for more information.

KIDS AND YOUTH TENNIS

Whatever your level of play, you are just a few hours of FirstServe Tennis instruction away from a lifelong love of tennis! Join FirstServe Tennis Academy on court for first-rate instructional programs for players of all abilities ages 4-adult! Gregg Deinhart and Stephan Schlagenhauff are USPTA and Easitennis certified instructors who lead a talented staff teaching tennis in a friendly, fun and supportive environment. By keeping class size small, students benefit from individual attention that leads to quick results. Lesson ratios for tots and adults are 4:1; and 6:1 for juniors. Lessons by Appointment are also available so you can set up a lesson plan that fits in your schedule. Students should bring water to every session! Tennis rackets are required!

Contact FirstServe Tennis Academy for program, racket and equipment recommendations. Call 703-868-8172 or visit www.tenniseveryone.net for more information.

LESSONS by APPOINTMENT

March 1 – November 1 Ages 4 through Adult

Contact FirstServe Tennis Academy (FSTA) directly to set up time and dates for individual, semi-private and private group lessons. Call 703-868-8172 or visit www.tenniseveryone.net for more information, including program and racket recommendations.

Private (one student): \$55/hr (Contact FSTA for Season Pass Discounts)

Semi-Private (two students): \$35/hr/student (Contact FSTA for Season Pass Discounts)

Small Group (3 students): \$30/hr/student (Contact FSTA for Season Pass Discounts)

Small Group (4 students): \$25/hr/student (Contact FSTA for Season Pass Discounts)

Large Groups/Special Events/Birthday Parties, etc. (Contact FSTA)

30-minute prorated lessons are available for ages 4-6

Please note: Cancellations within 24 hours of the scheduled lesson time will be charged 100% of the lesson tuition.



Tennis

Intro to Tennis 4-6 years

An introduction through fun games and activities designed to build eye-hand coordination and familiarity with the tennis ball and racket. A tennis racket is required. Ratio 4:1.

Instructor: First Serve Tennis

Location: Cavalier Trail Park

Activity #	Date	Time	Fees
220901-A	Wed: 4/1-5/20*	1:45-2:30pm	R: \$126 / NR: \$136

*No class dates 4/8

Tennis I Fundamentals 6-8 years

Through fun skill-building games beginners and advanced beginners learn and develop the fundamental strokes. Students are encouraged to repeat this class until they can consistently put the ball in play. Ratio 6:1.

Instructor: First Serve Tennis

Location: Cavalier Trail Park

Activity #	Date	Time	Fees
Ages 6-8			
220902-A	Wed: 4/1-5/20*	2:30-3:30pm	R: \$126 / NR: \$136

Ages 8-10			
220902-B	Wed: 4/1-5/20*	3:30-4:30pm	R: \$126 / NR: \$136

Ages 10-13			
220902-C	Wed: 4/1-5/20*	4:30-5:30pm	R: \$126 / NR: \$136

*No class dates 4/8

Tennis 2 7-10 years

The program is designed to help younger players along the path to high school tennis through match-based games and drilling. Prerequisite: Tennis I and coach's recommendation. Contact FSTA if you have commensurate experience. Ratio 6:1.

Instructor: First Serve Tennis

Location: Cavalier Trail Park

Activity #	Date	Time	Fees
220903-A	Wed: 4/1-5/20*	5:30-6:45pm	R: \$158 / NR: \$168
220903-B	Wed: 4/1-5/20*	6:45-8pm	R: \$158 / NR: \$168

*No class dates 4/8



No Cut Tennis League 7-18 years

NEW!

What is the next step after years of tennis camps? How about joining the FirstServe Tennis's Topspin University No-Cut Tennis League? The league has been developed to encourage tennis players to experience competitive tennis and learn sportsmanship in a team environment. Each week, every player gets both a drill clinic/practice session and a match day. Every student receives a Topspin University T-shirt. Prerequisite: Tennis II, similar playing experience or coach's recommendation.

Ages 7-10: Modified Match Play League: Modified rules and scoring will help introduce match play to our future tennis stars. Practice Time: 5:15-6:15pm Fridays (Cavalier Trail Park).

Ages 11-13: High School Prep League: Open to players who understand the basic strokes, can serve, and keep score. Practice Time: 6:15-7:30pm Fridays (Cavalier Trail Park).

Ages 14-18: No-Cut Varsity League: Open to all players, including those who will be trying out for high school teams in the spring. Practice Time: 4-5:15pm Fridays (Cavalier Trail Park).

Instructor: First Serve Tennis

Location: GMHS Courts

Activity #	Date	Time	Fees
Ages 7-10			
220906-A	Sun: 4/5-5/17*	10-11:30am	R: \$125 / NR: \$135
Ages 11-13			
220906-B	Sun: 4/5-5/17*	12:30-2:30pm	R: \$165 / NR: \$175
Ages 14-18			
220906-C	Sun: 4/5-5/17*	3-5pm	R: \$165 / NR: \$175

*No class dates 4/12, 4/10



If you have an idea for a new class, please submit it to dwright@fallschurchva.gov.



Adult Beginner Tennis I 18 & up

Players new to the game learn the fundamental strokes: forehand, backhand, volleys, and serve. Students are encouraged to repeat this class until they can consistently put the ball in play. Player-Coach ratio is 4:1.

Instructor: First Serve Tennis

Location: Cavalier Trail Park

Activity #	Date	Time	Fees
250905-A	Wed: 4/1-5/20*	9:30-10:45am	R: \$175 / NR: \$185
250905-B	Wed: 4/1-5/20*	8-9:15pm	R: \$175 / NR: \$185

*No class dates 4/8

Adult Advanced Tennis 2 18 & up

Players with limited on-court experience refine stroke production and learn how to play doubles! After a brief warm-up, players drill important elements of the game. Players are then separated into doubles matches and your coach offers helpful tips on positioning, tactics and strategy. For players who have completed Tennis I with coach's recommendation. Player-Coach ratio is 8:1.

Instructor: First Serve Tennis

Activity #	Date	Time	Fees
250906-A	Wed: 4/1-5/20*	10:45am-12:15pm	R: \$158 / NR: \$168
250906-B	Thu: 4/2-5/21*	7-8:30pm	R: \$158 / NR: \$168

*No class dates 4/8, 4/9

Adult Intermediate Tennis 3 18 & up

Techniques for improved shot making, tactics and strategy-based drilling combine with match play. Player-Coach ratio is 4:1.

Instructor: First Serve Tennis

Location: Community Center Courts

Activity #	Date	Time	Fees
250907-A	Thu: 4/2-5/21*	8:30-10pm	R: \$210 / NR: \$220

*No class dates 4/9

Spring Co-Ed Softball

Registration: Mar 30 – April 19 (Teams Only)

Slow Pitch play begins in Mid May. Various levels of competition are offered. Call 703-248-5077 for registration form, fees, and league rule information.

Spring Co-Ed Volleyball

Registration: Feb 4 – March 9 (Teams Only)

League play begins in early April. Various levels of competition are offered. Call 703-248-5077 for registration form, fees, and league rule information.



32nd Annual Open Tennis Tournament

Registration will start April 14. The tournament will be played May 19 – June 22. Players schedule their own matches within a specified amount of time. Additional information can be found at local tennis courts in the city or by contacting the

Falls Church Community Center at 703-248-5077.

Adult Summer Basketball League

Registration: March 30 – May 3 (Teams Only)

Various levels of competition are offered and play begins first week of June. Team members must be 18 yrs of age or older. For more information, call 703-248-5077.



Fitness Classes

Zumba Latin Aerobics 18 & up

Zumba (pronounced as zoomba) is a unique and exciting high energy aerobics class that incorporates mainly Latin movements and rhythms as well as a diversified mix of worldly exotic f avors. This includes, but not limited to, dances such as Salsa, Merengue, Bachata, Tango, Cha Cha and even Reggaeton! The routines feature aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body. It targets areas such as gluteus, legs, arms, abdominals and most importantly, the heart! The dance steps are easy to follow and students can adjust their aerobic level by either increasing or decreasing their pace and amount of movements. No experience is necessary to enjoy Zumba.

Instructor: Dream In Color

Activity #	Date	Time	Fees
Location: TBD			
250425-A	Thu: 1/29-5/7*	7:30-8:30pm	R: \$98 / NR: \$108
250425-B	Thu: 1/29-5/7*	8:30-9:30pm	R: \$98 / NR: \$108
Location: Art Room			
250425-C	Tue: 1/27-5/5*	7:30-8:30pm	R: \$98 / NR: \$108
250425-D	Tue: 1/27-5/5*	8:30-9:30pm	R: \$98 / NR: \$108

*No class dates 4/9, 4/7

Kick Boxing Aerobics 14 & up

Kick and punch out your stress through an aerobic workout. Class includes warm-up, calisthenics and skill development: kicks, punches, jabs, hooks, uppercuts and combinations. Wrist wraps will be provided.

Instructor: Pam Doran

Location: TBD

Activity #	Date	Time	Fees
250417-A	Tue: 1/13-5/19*	7:30-8:30pm	R: \$119 / NR: \$129

*No class dates 4/7, 1/20

Step Aerobics 14 & up

Aerobics features a warm-up, solid aerobic segment, challenging muscle toning exercises, use of dynabands, flexibility stretches, and a cool-down. Step Aerobics uses platform steps for a challenging and effective work-out!!! This class features a warm-up, cardiovascular segment using the step, muscle conditioning, flexibility stretches and a cool-down.

Instructor: Pam Doran

Activity #	Date	Time	Fees
Rise and Shine			
Location: Dance Studio			
250404-A	Sat: 1/17-5/24*	9-10am	R: \$126 / NR: \$136
Step Aerobics			
Location: TBD			
250404-B	Mon/Wed: 1/12-4/2*	6:30-7:30pm	R: \$154 / NR: \$164
250404-C	Mon/Wed: 4/13-5/22	6:30-7:30pm	R: \$84 / NR: \$94

*No class dates 4/11, 1/19, 2/16

Class Cards!

Can't commit to an entire session of step aerobics? Want to take a variety of classes, but not sure which ones? The Falls Church Class Card is for you! The card entitles you to take the following classes: Step Aerobics, Body Toning, Noon Workout & Kickboxing. Simply attend the class of your choice and get your card initialed by the instructor. The card is good for 10 individual classes. Students are permitted to buy multiple cards.

Fees: R: \$70 / NR: \$80 Senior Residents: \$35

Noon Workout 18 & up

Get a great lunchtime workout. Class incorporates a variety of aerobic and strength training activities including weights, floor exercises, steps and kickboxing techniques.

Instructor: Pam Doran

Location: 1/2 Gym Back Door

Activity #	Date	Time	Fees
250407-A	Tue/Thu: 1/6-4/2*	12:10-1pm	R: \$175 / NR: \$185
250407-B	Tue/Thu: 4/14-5/21	12:10-1pm	R: \$84 / NR: \$94

*No class dates 1/20



Body Toning 18 & up

This 60 minute class starts with a low-impact warm-up, followed by light weights and resistance work to sculpt and tone all body parts, both upper and lower. This workout also includes abs and back exercises to balance out the body and increase torso strength. A final stretch, cool down and relaxation conclude the workout.

Instructor: Eileen Cutrona

Location: TBD

Activity #	Date	Time	Fees
250405-A	Tue/Thu: 1/13-4/2*	6:30-7:30pm	R: \$161 / NR: \$171
250405-B	Tue/Thu: 4/14-5/21	6:30-7:30pm	R: \$84 / NR: \$94

*No class dates 1/20

We All Have Abs! 16 & up

NEW!

Yes it's true, all of us have abs! The big problem is that most of us have them hidden under layers of body fat. The goal of this class is to burn that fat and strengthen and tone those desired "six pack" muscles. This 45 minute class will contain lots of floor and standing abdominal and cardio work to get that metabolism fired up and in fat burning mode. Crunch, twist, run, and bounce your way to a firmer midsection! A certified personal trainer will be there to ensure proper exercise form and lead you towards abdominal success! Please bring a mat to class and wear comfortable clothing, sneakers, and bring a water bottle.

Instructor: Capitol Fitness

Location: TBD

Activity #	Date	Time	Fees
250426-A	Mon/Wed: 2/2-3/30*	7:30-8:15pm	R: \$150 / NR: \$160

*No class dates 2/16

Small Group Personal Training 16 & up

Are you looking for a FUN way to get into better shape and enjoy the company of others trying to do the same thing? This laid-back boot camp style class will include total body resistance training, cardiovascular improvement, balance and flexibility training and weight management tips. All this will be done while focusing on the body's core and helping students develop a better understanding of proper exercise techniques and ways to live a healthier life. This one hour class is designed with all fitness levels in mind. Men and women of all ages and ability levels are welcome! You are urged to go at your own pace and have FUN while performing the exercises. All required equipment will be provided. Please wear comfortable clothing, sneakers, and bring a water bottle.

Instructor: Capitol Fitness

Location: Cavalier Trail Park

Activity #	Date	Time	Fees
250423-A	Tue/Thu: 3/31-5/21*	6:30-7:30am	R: \$168 / NR: \$178
250423-B	Tue/Thu: 3/31-5/21*	12-1pm	R: \$168 / NR: \$178

*No class dates 4/7, 4/9

Senior Fitness Program 50 & up

NEW!

Don't believe that nonsense that you have to live with all those "growing old" problems. Join our 'Senior Fitness Program' taught by a professional trainer, who is himself a senior-citizen, and learn how you can fight-back, and W-I-N. Class will focus on improving cardiovascular endurance, strength, balance, flexibility, and mobility with special attention given to the core. All students are to bring an exercise mat and light (2 - 5 lb. dumbbells).

Instructor: Capitol Fitness

Location: 1/2 Gym Back Door

Activity #	Date	Time	Fees
260403-A	Mon/Wed: 1/26-4/15*	9:30-10:30am	R: \$149 / NR: \$159

Mon. Senior Fitness

260403-B	Mon: 1/26-4/13*	9:30-10:30am	R: \$75 / NR: \$85
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Wed. Senior Fitness

260403-C	Wed: 1/28-4/15*	9:30-10:30am	R: \$75 / NR: \$85
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*No class dates 2/16, 4/6, 4/9, 4/8

Mindfulness-Based Stress Reduction 16 & up

NEW!

Mindfulness Based Stress Reduction (MBSR) is an intensive course designed to transform your relationship to stress, improve your health, and increase your enjoyment of life. The class consists of eight 2-hour classes, and one half-day retreat. Classes are highly participatory and practical. The course includes guided instruction in mindfulness meditation, mindful movement exercises, group discussions, and exercises to help bring mindfulness to challenging situations in everyday life. Homework consists of 15 - 45 minutes of daily practice with specially designed materials. For more information, please call (703) 585-9364 or visit www.insightliveservices.com/MBSR.htm

Instructor: Trisha Stotler

Location: Community Room

Activity #	Date	Time	Fees
250703-A	Mon: 1/26-3/30*	7-9pm	R: \$350 / NR: \$360

Includes a half-day retreat on Sunday, March 15th

Gentle Yoga 18 & up

Through a series of traditional and modified yoga postures and breathing techniques, this accessible class is designed to enhance flexibility, balance and functional strength using attainable poses at a beginner level, while stimulating the mind, body and spirit. Reduce your stress level with this excellent complement to any fitness program. No previous yoga experience necessary; all levels welcome. Mats are available.

Instructor: BodyMoves Fitness, LLC

Location: Community Room

Activity #	Date	Time	Fees
250415-A	Thu: 1/29-4/23*	9:30-10:25am	R: \$141 / NR: \$151

*No class dates 4/9



Yoga for Everyone 18 & up

Feeling stressed? Learn to breath, stretch and relax. This gentle traditional approach to yoga is guaranteed to reduce stress while increasing your strength, flexibility and stamina. You can improve your health and well being through yoga postures, breath techniques and deep relaxation. Regular practice of yoga brings balance to the body, mind and soul. Class is suitable for all levels and abilities.

Instructor: Sharon "Sam" Meehan, RYT

Location: Community Room

Activity #	Date	Time	Fees
250401-A	Thu: 1/22-3/5	7:15-8:45pm	R: \$77 / NR: \$87
250401-B	Thu: 3/12-5/7*	7:15-8:45pm	R: \$77 / NR: \$87

*No class dates 4/2, 4/9

Fitness Classes

Yoga for Fitness 18 & up

This class introduces participants to fundamentals of yoga practice--including asanas (poses), breathing techniques, and body awareness--and is presented in a dynamic workout that includes stretching, strength-building, and complete relaxation. Participants work to safely and gently increase or restore flexibility and range of motion, build stamina, and improve coordination and balance. No previous yoga experience necessary; all levels welcome. Mats available.

Instructor: BodyMoves Fitness, LLC

Location: Community Room

Activity #	Date	Time	Fees
250414-A	Tue: 1/27-4/21*	8-8:55pm	R: \$141 / NR: \$151
250414-B	Mon: 1/26-4/20*	12:15-1:30pm	R: \$130 / NR: \$140

*No class dates 4/7, 2/16, 4/6



Power Yoga 18 & up

NEW!

This more vigorous, fitness-based approach to yoga offers a way to build a reasonable level of athleticism into the yoga practice, emphasizing user-friendly strength and flexibility poses that challenge and inspire as they increase stamina. A more athletic, flowing, breath-synchronized style is used, a "meditation in motion." Mats available.

Instructor: BodyMoves Fitness, LLC

Location: Community Room

Activity #	Date	Time	Fees
250424-A	Wed: 1/28-4/22*	8-8:55pm	R: \$141 / NR: \$151

*No class dates 4/8



Pilates with Props 18 & up

Pilates with Props employs small apparatus including resistance rings, flex bands, sponge-balls and weighted bars to extend the range of intensity of Pilates mat exercises. The latter weeks of class add an element of balance work through use of the Swiss ball. (Material fee in class to purchase a burst-resistant, 55-cm ball from instructor or bring your own.)

Instructor: BodyMoves Fitness, LLC

Location: Community Room

Activity #	Date	Time	Fees
250410-A	Tue: 1/27-4/21*	7-7:55pm	R: \$141 / NR: \$151

*No class dates 4/7



Fit 4 Moms

Fit 4 Moms, LLC is a total fitness program for moms; with the added benefit of offering your child a playgroup. This program will energize and motivate you! Exercises include Power Movement and intervals of body toning and Core Strengthening using resistance bands, light weights, medicine balls, Bosu Ball and the environment. Each class is tailored to the needs and interests of the group participants. Please bring your own light weights and yoga mat. To register, please contact Sheila Cordaro at sheila@fit4moms.com. Visit our website at www.fit4moms.com

Date: November 3, 2008 -March 7, 2009

Monday: 9:45am Core Conditioning /Cardio /Strength Training

Tuesday: 9:45am Core / Abs/ Stretch

Wednesday: 9:45am Core Conditioning /Cardio /Strength Training

Thursday: 9:45am Full Body Strength Training

Friday: 9:45am Core Conditioning /Cardio /Strength Training

Emerald Ash Borer 14 & up

The Emerald ash borer (EAB) was recently introduced this past spring into the Northern Virginia region. Learn how to identify this introduced exotic pest and “signs” that it maybe attacking your ash tree!

Instructor: Jill-Anne Spence

Location: Senior Center-Left

Activity #	Date	Time	Fees
251012-A	Sat: 1/31	10-11:30am	FREE

Hands-On Natural Cleaning Workshop 12 & up

Natural cleaners are safe, healthy and best of all can be made at home with common household ingredients. This hands-on workshop will provide you with materials to make several cleaning agents in class as well as recipes to take home.

Instructor: Inayet Sahin

Location: Art Room

Activity #	Date	Time	Fees
251018-A	Mon: 2/9	11am-12pm	R: \$10 / NR: \$15



Native Spring Wildflowers 14 & up

Our forests are home to a rich diversity of spring flowering perennials many of which remain above ground for only two to three months of the

year! Join us and learn to identify our local wildflowers or just sit back and enjoy the slide show.

Instructor: Jeremy Edwards

Location: Senior Center-Left

Activity #	Date	Time	Fees
251013-A	Tue: 3/3	7-8:30pm	FREE

Leaf Feeding Insect Pests 14 & up

Warm spring days awaken the larval forms of many leaf eating moths and initiate a feeding frenzy that can cause considerable damage to our trees canopies. Learn about the life cycles of Eastern Tent Caterpillars, Gypsy Moths, Canker Worms and Bagworms and how to limit their impact to your trees.

Instructor: Jeremy Edwards

Location: Preschool Room

Activity #	Date	Time	Fees
251015-A	Thu: 3/19	7-8:30pm	FREE

All About Mushrooms 14 & up



An Introduction to Fungi for Beginners. Ever wondered why all mushrooms are fungi but not all fungi are mushrooms? If you have then this class is for you. Learn how to differentiate between different types of fungi, what roles they play in our environment and how to identify some of common fungi in our area.

Instructor: Jeremy Edwards

Location: Teen Center

Activity #	Date	Time	Fees
251014-A	Tue: 3/31	7-8:30pm	FREE

What's the Buzz All About? 14 & up

Pollinators and Beneficial Insects in the Garden. Learn about the importance of pollinators and other beneficial insects in your garden and how to attract and keep them buzzing around.

Instructor: Sandra Tarpinian

Location: Preschool Room

Activity #	Date	Time	Fees
251016-A	Tue: 4/21	7-8:30pm	FREE



Composting for Beginners 14 & up

Learn how to turn leaves and yard trimmings into rich organic compost for your garden. Topics include: hands-on composting demonstration, making compost tea, proper food waste composting and vermicomposting. Participants will take home a free portable compost bin.

Instructor: Sandra Tarpinian

Location: Cherry Hill Shelter

Activity #	Date	Time	Fees
251017-A	Sat: 4/25	10-11:30am	FREE



Please check the City's website for more Growing Green lectures and events:
www.fallschurchva.gov

Developmental Classes

ARTS AND CRAFTS

NEW!

Scrapbooking: Beg. /Int. 14 & up

Learn scrapbooking and paper crafting basics including techniques, tools, materials, and papers that will speed you on your way to creating your own handmade and professional-looking scrapbooks with elegant layouts for your photos and more. This structured class will introduce a new skill each class meeting and will also have a follow up activity in the form of designing a scrapbook page. Students with scrapbooking experience will also be challenged and learn new ideas. Complete one or more projects per class. Each session will have different projects so that you can take both sessions if desired.

Instructor: Carol Lavrich

Location: Art Room

Activity #	Date	Time	Fees
250108-A	Fri: 1/23-2/20	7-9pm	R: \$98 / NR: \$108
250108-B	Fri: 3/13-4/17*	7-9pm	R: \$98 / NR: \$108

*No class dates 4/10

Stamp Camp: Valentine's Day 14 & up

NEW!

Let's make some Valentine's Day Cards and Gifts, early for a change! Spend a day in "stamp camp" learning rubberstamping and paper crafting basics including techniques, tools, materials, and papers that will speed you on your way to creating your own handmade and professional-looking cards and gifts, packaging, and more. The content of this class will have enough variety so that students with rubberstamping and scrapbooking experience will also be challenged and learn lots of new ideas. You will complete a number of card and gift projects with themes to suit Valentine's Day. The morning will be focused on learning techniques and working on projects, and the afternoon will focus on making cards. You will be taking home ideas that you will be able to use immediately. All materials will be supplied and are included in the class fee.

Instructor: Carol Lavrich

Location: Teen Center

Activity #	Date	Time	Fees
250113-A	Sat: 1/31	9:30am-3:30pm	R: \$65 / NR: \$75

Mother's Day Cardmaking 14 & up

NEW!

Let's make some Mother's Day cards and gifts, early for a change! You will complete two projects in this class, both with themes to suit Mother's Day and Spring Birthdays. Learn rubberstamping and paper crafting basics including techniques, tools, materials, and papers that will speed you on your way to creating your own handmade and professional-looking greeting cards and invitations and more. This class will cover various techniques for an elegant look. Students with some rubberstamping, paper crafting, or scrapbooking experience will also be challenged and learn new ideas. All tools and supplies will be provided and are included in the class fee.

Instructor: Carol Lavrich

Location: Art Room

Activity #	Date	Time	Fees
250114-A	Fri: 5/1	7-9pm	R: \$24 / NR: \$34

Basic Beading for Beginners 13 & up

Learn the basic techniques for making your own unique jewelry.

Using simple tools and quality materials, you will string and finish your own beaded necklace, bracelet, and matching earrings.

At the beginning of class, you will have an opportunity to choose from a selection of semi-precious gemstone beads, art glass beads, crystal beads, freshwater pearls, and sterling silver components to create a set that is just right for you! Tools and beading boards will be provided for use during class, and are available for purchase at the end of class. View samples or contact the instructor with questions at www.joidebeads.com.



Instructor: Cathy Soltys

Location: Teen Center

Activity #	Date	Time	Fees
250131-A	Thu: 2/19	7-9:30pm	R: \$45 / NR: \$55

More Beading Techniques 13 & up

Building on the techniques learned in Basic Beading, you will learn how to work with materials such as leather cord, organza ribbon, and simple wire wrapping techniques. You will make a simple pendant and cord combination, as well as a festive multi-strand bracelet with dangling beads, and earrings, using the same components listed in the Basic Beading class description. You will have an opportunity to choose some of your beads at the beginning of class. Projects not finished in class can be completed at home. Please bring any tools that you have. However, tools and beading boards will be available for use during class, and may be purchased at the end of class. View samples or contact the instructor with questions at www.joidebeads.com.

Instructor: Cathy Soltys

Location: Teen Center

Activity #	Date	Time	Fees
250130-A	Thu: 3/19	7-9:30pm	R: \$45 / NR: \$55

Create Your Own Illusion 13 & up

Love the look of pearls floating around your neck? Make a stunning 3-strand illusion necklace, using freshwater pearls and semi-precious gemstones strung on clear nylon. You will choose your own components at the beginning of class, to create a look that is uniquely yours. Please bring any tools that you have. However, tools and beading boards will be available for use during class, and may be purchased at the end of class.

Instructor: Cathy Soltys

Location: Teen Center

Activity #	Date	Time	Fees
250128-A	Thu: 4/16	7-9:30pm	R: \$45 / NR: \$55

Developmental Classes

Knitting 12 & up

This series of workshops is designed to offer help or get advice for your current projects. Bring your projects and knitting supplies with you. Sign up for one, two, three, or all four Saturdays! This class is appropriate for ages 12 and up.

Instructor: Lynn Hoffman

Location: HOME EC ROOM

Activity #	Date	Time	Fees
Knitting Workshop			
250610-A	Sat: 1/31	12-2pm	R: \$14 / NR: \$19
250610-B	Sat: 2/7	12-2pm	R: \$14 / NR: \$19
250610-C	Sat: 2/14	12-2pm	R: \$14 / NR: \$19
250610-D	Sat: 2/21	12-2pm	R: \$14 / NR: \$19
Beginning Knitting			
250610-E	Sat: 1/31-2/21	9-11am	R: \$56 / NR: \$66



DOG OBEDIENCE

Dog Obedience Level 1 9 & up

Ages of Dogs: 4 months and up.

Ages of People: 9 years old and up.

Level 1 is designed to establish understanding, joy and a fun relationship between you and your dog. Class includes obedience, home management, discipline and problem solving. The method employed uses affection and restraint. Check with the instructor before purchasing any new collar or leash to ensure a proper fit. Dog fear or aggression of any kind is not allowed in the class. Parents of children under the age of 16 taking the class, must get permission from the instructor before registering by calling 703-698-0203. All students must bring current shot records to the first class.

Instructor: Janice Morton

Location: Art Room

Activity #	Date	Time	Fees
Location: Art Room			
250701-A	Thu: 1/29-3/19	6:30-7:30pm	R: \$56 / NR: \$66
Location: Cavalier Trail Park			
250701-B	Thu: 4/16-6/4	6:30-7:30pm	R: \$56 / NR: \$66

Dog Obedience Level 2 9 & up

Ages of Dogs: 6 months and up.

Ages of People: 9 years and up.

This level 2 class is designed to work on off leash obedience commands and a better understanding and relationship between you and your dog. Dogs must not display fear or aggression of any kind and must have completed a Level one class. Dogs must be at least 6 months old. Parents of children under the age of 16 taking the class must get permission from the Instructor before registering by calling 703-698-0203. All students must bring current shot records to the first class.

Instructor: Janice Morton

Location: Art Room

Activity #	Date	Time	Fees
Location: Art Room			
250702-A	Thu: 1/29-3/19	7:30-8:30pm	R: \$56 / NR: \$66
Location: Cavalier Trail Park			
250702-B	Thu: 4/16-6/4	7:30-8:30pm	R: \$56 / NR: \$66

Watercolor Int. /Adv. 18 & up

Watercolor- Glazing Techniques continued- more about glazing and manipulating paint by pouring, spraying, and squirting for ocean waves, rocks, and flowers. Additional lessons regarding painting textures such as silver and glass will be taught. Taking this course is not dependent on the fall session. There will be demonstrations, in-depth critiques for each lesson, and individual painting assistance will be provided.

Instructor: Carolyn Grossé Gawarecki

Location: Art Room

Activity #	Date	Time	Fees
250106-A	Tue: 1/27-4/14*	9:45am-12:30pm	R: \$180 / NR: \$190
250106-B	Tue: 2/3-4/21*	9:45am-12:30pm	R: \$180 / NR: \$190
250106-C	Tue: 1/27-4/21*	1:15-3:30pm	R: \$215 / NR: \$225

*No class dates 2/3, 2/24, 3/10, 3/24, 4/7, 4/21, 2/17, 2/10, 2/26, 3/3, 3/17, 3/31, 4/14

Oil & Acrylic 18 & up



If you enjoy painting with other artists while completing your own projects, then this class is for you! Artists of all experience levels join long time Falls Church art instructor Lou Jones to deepen their skills, trade ideas and

receive assistance on their oil and acrylic projects. Students must purchase own supplies; a supply list is available upon registration.

Instructor: M. Lou Jones

Location: Art Room

Activity #	Date	Time	Fees
Mood & Style			
250112-A	Fri: 1/30-5/8*	10:30am-12:30pm	R: \$98 / NR: \$108
Painting for Fun			
250112-C	Fri: 1/30-5/8*	1-3pm	R: \$98 / NR: \$108

*No class dates 4/10

Developmental Classes

COOKING

Meatless Makeovers 16 & up

NEW!

Transform traditional family favorite dishes into healthier meals using meat substitutes without sacrificing taste, texture, or nutritional value. Recipes demonstrated may include some of the following: "Beef" Stroganoff, Goulash, "Chicken" a la King, Sweet & Sour "Meatballs," Chicken Divan, Baked Ziti with Tofu Ricotta Cheese. Participants are encouraged to bring a favorite family recipe to discuss how to give it a healthy makeover. Class includes food samples, recipes, and manufacturers' coupons.

Instructor: Mimi Clark

Location: Senior Center-Left

Activity #	Date	Time	Fees
250301-A	Sun: 3/29	2-4pm	R: \$50 / NR: \$60

One-Pot Meatless Meals 16 & up

NEW!



Start off the New Year with hearty vegetarian one-pot meals. Recipes demonstrated may include some of the following: North African Stew over Quinoa, Hoppin' John, Mexican Black

Bean Chili, White Bean Cassoulet, Paella. Class includes food samples, recipes, and manufacturers' coupons.

Instructor: Mimi Clark

Location: Senior Center-Left

Activity #	Date	Time	Fees
250302-A	Sat: 1/31	12-2pm	R: \$50 / NR: \$60

Japanese Sushi 16 & up

NEW!

Learn to prepare authentic Japanese Sushi that will make your taste buds sing. Amaze your guests! Learn how to prepare various types of delectable sushi to entertain family and friends. Learn table settings, cooking techniques, equipment, proper etiquette and how to shop for and prepare ingredients.

Instructor: Mary Moore

Location: Senior Center-Left

Activity #	Date	Time	Fees
250303-A	Tue: 2/10-2/17	6:30-9:30pm	R: \$77 / NR: \$87
250303-B	Tue: 3/24-3/31	6:30-9:30pm	R: \$77 / NR: \$87
250303-C	Tue: 4/14-4/21	6:30-9:30pm	R: \$77 / NR: \$87
250303-D	Tue: 5/5-5/12	6:30-9:30pm	R: \$77 / NR: \$87



If you have an idea for a new class, please submit it to dwright@fallschurchva.gov.

Wok Cooking 18 & up

NEW!

Hands-on workshop for the novice cook. Master basic skills and tools with a repertoire of easy but excellent recipes. Have fun and meet new people while learning skills useful for a lifetime! Ham and Egg Fried Rice; Sliced Chicken With Vegetables; Shrimp With Lobster Sauce.

Instructor: Rebekah Lin Jewell

Location: Kitchen

Activity #	Date	Time	Fees
250304-A	Thu: 1/29	9:30am-12:30pm	R: \$40 / NR: \$50



Chinese Noodles 18 & up

NEW!

Rebekah Jewell reveals the secret to making the f avorful noodle dishes she grew up eating in China. Sichuan Beef Noodle Soup; Cantonese Shrimp and Chicken Lo Mein; Peking Noodle with Meat Sauce.

Instructor: Rebekah Lin Jewell

Location: Kitchen

Activity #	Date	Time	Fees
250305-A	Thu: 2/26	9:30am-12:30pm	R: \$40 / NR: \$50

Home Buyer 101 22 & up

Essential Steps to Buying a Home in Today's Market. This educational and interactive class will arm you with the information you need to successfully navigate this changing real estate market. Join us and get the valuable insight you need to make your home purchase an unqualified success. Topics will include: The Eight Steps of the Home Buying Process, Three Words That Will Bring Sanity to Your Home Search, Discussion on Foreclosures and Short Sales, Know Cost Ways to Gain Leverage during Your Negotiations, The One Question You MUST Ask before You Buy and No Down Payment and Low Down Payment Options.

Instructor: Matthew Cockerham

Location: Senior Center

Activity #	Date	Time	Fees
251010-A	Wed: 2/4	7-9pm	R: \$14 / NR: \$19
251010-B	Sat: 3/7	9-11am	R: \$14 / NR: \$19
251010-C	Wed: 4/1	7-9pm	R: \$14 / NR: \$19
251010-D	Sat: 5/9	9-11am	R: \$14 / NR: \$19

Successful Home Selling Secrets 22 & up NEW!

Critical Steps to Selling a Home in Today's Market. This informative and interactive class will prepare you to successfully sell your home in today's real estate market. Get the Secrets Successful Home Sellers are using to get their Homes Sold Quickly and for Maximum Value, Learn the Eight Steps of a Home Sale, Discussion on How Foreclosures and Short Sales Impact Value, Quick & Easy Fix Ups That Will Make You Thousands, and Strategies for Selling for the Most Money in the Least Time.

Instructor: Matthew Cockerham

Location: Senior Center

Activity #	Date	Time	Fees
251011-A	Sat: 2/7	9-11am	R: \$14 / NR: \$19
251011-B	Wed: 3/4	7-9pm	R: \$14 / NR: \$19
251011-C	Sat: 4/25	7-9pm	R: \$14 / NR: \$19
251011-D	Wed: 5/6	9-11am	R: \$14 / NR: \$19



Signing Smart Workshop 18 & up

NEW!

The Beginner Signing Smart Workshop is for expectant parents or parents new to signing with their baby as well as for those who have already gotten started and are looking for support during the early phases. This workshop teaches the research-proven Signing Smart strategies and techniques, how many and which kinds of signs to use in the early stages, when to add more, and how to recognize your child's versions signs. Through instructor presentation, interactive activities and discussion, and video examples, you will learn over 50 ASL signs, as well as tools, strategies, and resources that will enable you to experience the success of Signing Smart from the very first day! Spouse or grandparent fee is reduced to \$25 with a registered family member.

Instructor: Parent Child Univ.

Location: Community Room

Activity #	Date	Time	Fees
210706-A	Sun: 1/25	2:30-5pm	R: \$50 / NR: \$60
210706-B	Sun: 5/3	2:30-5pm	R: \$50 / NR: \$60
210706-C	Sun: 5/10	2:30-5pm	R: \$50 / NR: \$60

Adult ESOL Classes

Are you interested in learning English? Falls Church City Public Schools offers morning and evening Adult ESOL classes for students at all levels of English proficiency. Registration at the Curriculum, Instruction, and Assessment Office of Falls Church City Public Schools at 803 W. Broad Street, Suite 320. Office Hours: 8:30am-4:30pm begins December 15, 2008 for the winter/spring sessions and March 23, 2009 for the spring/summer sessions. For additional information, please contact Mary Kay Howard, ESOL Program Specialist, 703-248-5616

Morning Class

Instructor: Falls Church City Public Schools Staff

Location: Falls Church City Community Center

Winter/Spring Class Dates: Mondays and Wednesdays, January 5 - March 18, 2009

Spring/Summer Class Dates: Mondays and Wednesdays, March 30 - June 10, 2009

(No classes January 19, February 16, April 6, and April 8)

Time: 10am-12 noon

Fee: \$40

Evening Class

Instructor: Falls Church City Public Schools Staff

Location: George Mason High School

Winter/Spring Class Dates: Mondays and Wednesdays, January 5 - March 18, 2009

Spring/Summer Class Dates: Mondays and Wednesdays, March 30 - June 10, 2009

(No classes January 19, February 16, April 6, and April 8)

Time: 7-9pm

Fee: \$40

Falls Church Clubs

COME JOIN A FALLS CHURCH CLUB!!!

All clubs looking for more members

The City of Falls Church Concert Band

The City of Falls Church Concert Band is a community band that performs an entertaining mixture of marches, classical pieces, Broadway show medleys, regional tunes, and American classics. Membership is open without audition to all concert band musicians from all over the area. Music Director Adam Levowitz brings not only a lot of musical experience and professionalism to the band, but also a friendly, lighthearted atmosphere. Rehearsals are held on Wednesday nights 7:45-9:45pm at the George Mason High School, 7124 Leesburg Pike, in Falls Church. Visit the band website at www.fallschurchconcertband.org

Language Clubs

English Conversation- Mondays at 12 noon

German Conversation- Tuesdays at 10am

French Conversation-Thursdays at 10am

Come sit back, relax and enjoy some great conversation. All levels of conversation welcomed. Some knowledge of the language is expected, these are not teaching clubs. Please call the Senior Center at **703-248-5020** for more information.

Aquatics Club

The Aquatics club meets every Tuesday and visits a local Sport and Health Club for water aerobics with a certified aquatics instructor. Come join us for a great water exercise workout. Class is from 10:30-11:30am. Van leaves the Senior Center at 10am and returns around 12 noon. Some fees apply. Please call the Senior Center at **703-248-5020** for more information.



Garden Club

The Garden Club meets at 7:30pm on the first Wednesday of the month at the Falls Church Community Center. Gardening specialists are invited to discuss effective gardening/ environmental practices and other topics related to garden design, container gardens, etc. All this, and refreshments, is free and open to everyone. In the spring, a yearly plant sale is sponsored and held in the Falls Church Community Center. Also, during the year, garden tours and trips are taken. A monthly newsletter is published with news of club activities, public gardens and gardening tips. For more information, call Linda Martin at **703-698-5081** or go to www.fallschurchgardenclub.org for more information.



Golden Age Bingo Club

The Bingo club meets from 10am-1:30pm every Tuesday in the Senior Center for adults 50 and over. Come play some Bingo, have fun, socialize and meet new friends. Besides Bingo, the group has raffle drawings, parties, and goes on trips. This group is run by a senior. Small fee of 25 cents per card applies. Please call the Senior Center at **703-248-5020** for more information.

Bridge Club

Social Bridge – Meets every Monday at 10am. Come spend the day playing bridge in a friendly and pleasant atmosphere. This is a social game setting.

Contract Bridge – Meets every Friday at 10am. Come spend the day playing bridge in a friendly but competitive setting. This club is for the more serious bridge player.

Please call the Senior Center at **703-248-5020** for more information.

Falls Church Senior Center

The Falls Church Senior Center is located in the Falls Church Community Center and operated by the Recreation & Parks Division of the Community Services Department. A wide range of activities is offered Monday-Friday along with a lunch program available on Monday, Wednesday, and Friday. Please call **703-248-5020** for more information.

Hours of Operation: Monday-Friday, 9am-3pm.

REGULAR PROGRAMS INCLUDE:

Aquatics Class

Come join us for great workout in the water. Water Aerobics every Tuesday from 10:30-11:30am. Van leaves at 10am. Fees apply. Call for more details.

Armchair Fitness

Exercise with us every Wednesday from 10-10:30am.

Armchair Travel

Meets the fourth Friday of every month. Come join us for a trip around the world without having to pack a suitcase. A Falls Church librarian rounds out the experience with videos, books, and printed material about each month's destination.

Bingo

Meets every Wednesday from 10am-1:30pm

Birthdays with Beryl

Join us on the second Wednesday of the month at 12noon to celebrate all the birthdays in the month with tasty treats.

Blood Pressure

Held every Tuesday from 9-10am

Bridge

Bridge Players gather at the Falls Church Senior Center on Mon and Fri for bridge. Monday's social bridge group meets at 10am and Friday's contract bridge group meets at 9am.

Canasta

If you are up for the challenge, or would like to socialize and play a friendly game, come play Canasta with us every Monday at 10am

Checkers Challenge

Every Wednesday at 10:30am

English as a Second Language

Meets every Monday and Wednesday from 10am-Noon.

Game Day

Come every Friday from 9am-2pm for FUN and games.

Golden Age Bingo

Meets every Tuesday from 10am-1:30pm

Lunch Bunch

Come join the Senior Center staff in a lunch outing once a month at different local restaurants every second Monday of the month at 12:15pm. Van leaves at 12:15pm

Movie Day

On the first Friday of each month, you can see the movie on the "The Big Screen" at 10am

Military History

Join this enthusiastic group on alternate Fridays. Selected topics include WWII, Korea and Vietnam War.

Nutritionist

A nutritionist will provide healthy eating tips every second Wednesday of the month at 12noon.

Foreign Language Conversation Groups

Informal, drop-in groups meet weekly:

Mondays: English group 10am

Tuesdays: German group 10am

Thursdays: French group 10am

Walking Group

Meets every Thursday at 10am (Visit different local parks)

Mixed Trivia

Join Senior Center staff and test your knowledge on the 1st and 3rd Monday at 10am

**All groups
looking for new
members**

Falls Church Senior Center

SPECIAL SENIOR PROGRAMS

January: Super Bowl Party, Thursday, January 29
February: Valentine's Day Celebration, Friday, February 13
March: St. Patrick's Day Celebration, Tuesday, March 17
April: Spring Fling, Thursday, April 16
May: Mother's Day Celebration, Thursday, May 7

Lunch Bunch

This group meets on the second Monday of every month at 12:15pm. If using van transportation, van will leave at 11:45am (\$1) Responsible for own meal.

Monday, January 12	Great American Steak Buffett
Monday, February 10	Applebee's
Monday, March 9	Old Country Buffett
Monday, April 13	Olive Garden
Monday, May 11	Famous Dave's Barbecue

MILITARY HISTORY GROUP

10am-12noon. alternating Fridays of each month. Join this enthusiastic group on alternate Fridays. Selected topics include WWII, Korea, Vietnam War, Civil War, etc. The Military History Forum depends on its volunteers. If you can provide a program, or have a topic you think should be programmed, please let us know!

Jan. 9: James Robbins "The Last in Their Class: The Goats of West Point"

Jan. 25: Keith Young – "Submarines"

Feb. 5: M. Heirman "The Aviators and the Headhunters"

Feb. 20: Tom Gudiness "Doolittle's Tokyo Raid: Part 2"

Mar. 6: Don Hakenson – "Remembering John Mosby"

Mar. 20: Steve Hull – "Fairfax County in the Civil War: Oakton and Hunter's Mill"

Apr. 3: "Bob Wallace – "Viet Nam Diary"

Apr. 17: Field Trip: To be determined

May 1: Topic & Guest Speaker to be determined

May 15: Marilyn Moll – "Wm Tecumseh Sherman: The Tough Love Southerner"

May 29: Topic & Guest Speaker to be determined

AARP Fifty Five Alive

Ages 50 and older

A refresher-driving course for licensed drivers aged 50 & older. This course will review the different processes of driving for the older driver. A certificate will be issued at completion of the two day course, which can be submitted to insurance. The State of Virginia mandates a discount in car insurance. Make checks payable to "AARP". Discounts are not given.



Instructor: Jack Nelson

Location: Falls Church Community Center

Class Dates: January 15 and 16
March 19 and 20
May 14 and 15

Time: Class meets on both days from 10am-3pm

Fees: \$12 AARP Members
\$14 Non-AARP Members

Please bring membership card with you to verify AARP membership in order to receive discount.

Senior Trips Using Fastran Transportation

Time: 10:15am-1pm

Call 703-248-5020 for more details

Fee: \$1



January: Fair Oaks Mall
Wal-Mart in Fair Lakes
Springfield Mall
Target at Fair Lakes

February: Ballston Mall
Trader Joes
Pentagon City Mall
World Market

March: Great Falls
Kmart
Tyson's Corner Mall
Kohl's at Fair Lakes

April: Burke Lake Park
Dollar Tree
Lake Accotink Park
Old Town

May: Lake Fairfax Park
Wal-Mart in Kingstowne
Target at Springfield Mall
Wegmans

SENIOR CENTER ARMCHAIR TRAVEL PROGRAMS

Time: 10:30 a.m. **Location:** Teen Center **Dates:** Fourth Friday of each month.

Presented by staff from the Mary Riley Styles Public Library in conjunction with the Falls Church Senior Center

January 23, 2009: Wondrous Kingdom: The British Isles



(Running time: 50 minutes)

This fascinating program begins with a tour of Stonehenge and then visits the equally mysterious Stone Rings of Avebury. In London, you will experience

the Tower of London, London Bridge, Big Ben, the Houses of Parliament, Westminster Abbey, and much more. Then we're off to Scotland to visit lively Edinburgh, look for Nessie in Loch Ness and then on to Ireland to learn the story behind the dazzling Book of Kells. Finally, you'll bend over backwards to kiss the Blarney Stone for the "gift of gab."

February 27, 2009: Sacred Canyons of the American Southwest



(No running time given)

Experience the mystery and magic of America's greatest scenic wonders in stunning high definition. We'll cool off near the Weeping Cliffs of Zion, wonder

at the bizarre landscape of towering mazes and rose-tinted natural amphitheaters of Bryce Canyon, and witness massive boulders balanced on spired sandstone pinnacles in the Arches National Park. You'll be sun struck by the glowing reds and golds of the desert.

March 27, 2009: Amazing Planet Earth: From Egypt to Israel



(Running time: 50 minutes)

In this trip, we'll visit two countries that have amazed and fascinated the world for centuries. We begin in Egypt taking a leisurely cruise on the Nile River, stop

off in Cairo and follow the twisting, labyrinthine streets to a lively bazaar. We'll discover the splendors of a wondrous past at the Egyptian Museum, see the Pyramids of Giza, the Valley of the Kings, explore Alexandria and proceed down the Suez Canal to the Sinai Desert. We'll ascend to the top of Mount Sinai, and then plunge to the bottom of the Red Sea to explore an eerie shipwreck. Jerusalem is next on our tour with all its wonders and finally we take a dip in the therapeutic waters of the Dead Sea.

April 24, 2009: Mediterranean Magic: Italy and Greece



(Running time: 50 minutes)

We begin in Greece contemplating the wonders of the Acropolis, the Parthenon, and the Agora. Then we're off to Kos, the birthplace of the healing arts, the Isle of Santorini with its dazzling vistas of volcanic rocks and whitewashed buildings, and on to Delos, a living archeological site. In Italy,

we'll navigate Venice's haunting canals and winding streets, unlock Renaissance treasures in Florence and visit Trevi fountain in Rome along with the Coliseum and St. Peter's Basilica in Vatican City. Finally, we'll end our visit to the radiant islands of Elba, Corsica, and Malta.

May 22, 2009: The Australian Outback: Discover the Spirit of the Land Down Under!



(No running time given)

We'll experience the indigenous sounds of Rivertribe music combined with thought-provoking images of the

Australian outback, rain forests, Aboriginal rock paintings, and majestic oceans in this enlightening and insightful, eclectic view of the land down under.

LOOK OUT FOR UPCOMING SENIOR TRIPS

January: Charles Town Slots

February: Bingo World

March: Old Town Warrenton and Tour of Jail Museum

April: Cherry Blossom Drive along Tidal Basin

May: Shopping and Lunch at Baltimore Inner Harbor

Registration Information

Refund Policy

The Recreation & Parks Department will provide a full credit or refund for an activity if the activity is canceled by the Department or upon request when schedule or location changes made by the Department prohibit or limit an individual's ability to attend an activity.

To request a credit or refund for any reason other than those stated above a "Request/Credit Request Form" must be completed and submitted. All requests are handled using the following guidelines:

- When a request is made ten or more calendar days before the activity starts a refund is granted less a 20% processing fee and a credit is granted less a 10% processing fee.
- When a request is made five to nine calendar days before an activity starts no refunds will be granted, but a credit will be granted less a 10% processing fee.
- When a request is made less than five calendar days before an activity starts no refund or credit will be granted unless there is a medical reason (doctor's note required) or for relocation of at least 25 miles from the City of Falls Church. If a refund or credit is granted for medical reasons or because a class participant has moved the refund will be assessed a 20% processing fee or the credit a 10% processing fee.
- No refunds or credits will be granted once an activity has ended.

The Recreation and Parks Department reserves the right to correct any misprinted item in this publication. Any corrections will be available at the Falls Church Community Center front desk.

Online Registration

- Customers may register on-line if they have registered for an activity from January 2006 to present, provided an email address, and birthdates of all family members registering for activities. The first time you log-in to the website, your user name and password will be your household ID number.
- To receive a household ID number, email or call the Community Center at recreation@fallschurchva.gov or 703-248-5077. If you have an old receipt, the household ID number is in the upper left corner.
- Full payment is required at the time of registration. After you have selected the classes for which you want to participate you will be taken to the payment screen. Simply follow the directions. The online registration software is secured and your credit card information is not viewable by any outside parties.
- Some activities may not be available through online registration. If you have a past due balance on your account, you may not be able to use online registration.
- If you have questions, email or call the Community Center at recreation@fallschurchva.gov, or 703-248-5077.

MORE ADVANTAGES TO ONLINE INFORMATION

Online registration also allows you to:

- Look up details about activities at any time (price, dates, location, availability)
- Print a family calendar of activities
- Print a Child Care Statement for tax purposes or flexible spending plans
- Print an account transaction history
- Print old receipts

CHARGE IT! We accept DISCOVER, VISA, MASTERCARD and AMERICAN EXPRESS. Checks should be made payable to the "City of Falls Church."

Fees: Payment must accompany registration.

Confirmations: You will be notified if the class is cancelled or changed. Your receipt provides you with class information including start date, time and location.

Late Registration & Transfers: Late registrations and transfers are accepted if an opening is available.

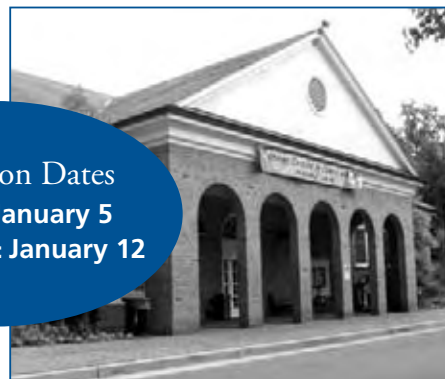
Senior Citizens: Senior Citizens (65+) residing in the City of Falls Church will receive a 50% discount on registration fees only. All supply or material fees must be paid in full.

Financial Aid: Financial aid is available for City of Falls Church residents only. Forms are available in the main office or call 703-248-5077 for more information.

Register Early: All classes are filled on a first-come, first-served basis. **Deadlines to register are typically one week prior to the start of the class. Early registration helps prevent cancellations.**

INCLEMENT WEATHER POLICY: Programs, activities and classes are divided into day and evening sessions. The Day Session includes all activities that take place or start between the hours of 8am and 3pm. The Evening Session includes all activities that take place or start after 3pm. Depending on weather conditions, it is possible that activities may be cancelled for the day session and held for the evening session or vice versa. **For up-to-date information, please call the inclement weather hotline at 703-248-5125.**

Registration Dates
Residents: January 5
Non-Residents: January 12



Registration Starts

Falls Church City Residents:

Monday, January 5, 2009

Non-City Residents:

Monday, January 12, 2009

How to Register

WALK-IN: At the Falls Church Community Center, 223 Little Falls St. We accept checks, cash (exact change only), credit cards, and debit cards. Once you have entered our computer system, there are no registration forms to fill out!

Registration Hours

Monday-Thursday 8am to 10:30pm
 Friday 8am to Midnight
 Saturday 8:30am to Midnight
 Sunday 12pm to 6pm (January-March)
 Sunday 2pm to 6pm (April-December)

MAIL-IN: Mail-in registrations are processed the second day of registration. Complete the Household Registration Form (below); include payment by check or with a credit card and mail to: **Falls Church Recreation & Parks, 223 Little Falls St., Falls Church, VA 22046**

PHONE-IN: There will be no phone-in registration on the first day of resident (Jan. 5) and non-resident registration (Jan. 12). Phone-in registration will start on the second day of registration either Jan. 6 or Jan. 13. **To register by phone, please call 703-248-5077** and have your credit card ready.

Note: In-person registration takes priority over mail and phone-in. No applications will be processed prior to the beginning registration dates. Registrations received prior to these dates will be held and included with the mail received on the first day of registration.

ON-LINE: Online registration is here! Online registration can be found on the internet by going to **www.fallschurchva.gov** and clicking on the Falls Church Recreation and Parks Department Online Registration logo. Full payment is required at the time of registration and you must use a credit card (American Express, Discover, Master Card, or Visa).



Primary Household Last Name: _____ First Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone Number: () _____ Work Phone Number: () _____

Email address: _____

Emergency Contact and Phone Number: _____

☐ Special Assistance is needed for one or more of individuals listed on registration. (Contact us at 703-248-5077)

Please Explain: _____

I understand that there may be risk inherent in any activity, including exercise, and I acknowledge that I have been advised to seek the advice of a medical doctor before I or my child participates in this program. I and my child agree to assume all risks of illness or injury resulting from participation in the program(s) noted below. I understand that the City of Falls Church makes no representations as to the safety of this program for me. I and my child hereby waive and release the City of Falls Church, its agents, officers and employees, including the program instructor, from and against all claims for illness or injury directly resulting from my participation in this program.

Participant Signature: _____ Date: _____

(Signature of parent/guardian if under 18)

Payment Method: ☐ Check ☐ Credit Card - circle: Visa, Mastercard, American Express, Discover

Credit Card Number: _____ Exp Date: _____

Participant Name	Male/Female	Date of Birth	Activity Registration #	Activity Name	Activity Fee
Please read class information carefully and make checks payable to City of Falls Church.					Total

Facility Rentals

The Falls Church Recreation and Parks Department welcomes the opportunity to serve you as a rental patron. Rooms in the Community Center, picnic shelters, and the Cherry Hill Farmhouse are available for rent to residents and non-residents, businesses and civic organizations.

Anyone wishing to rent space must fill out an "Application for Use of Facilities and Equipment" form, which is available at the Community Center. You may stop by and complete it or we will mail or fax it to you. Below are the general guidelines to follow when applying for rentals:

- Applicants must be at least 21-years-old.
- It is helpful to include set-up instructions and requests for any equipment that may be needed (example: number of tables and chairs, microphone, coffee pot, projector, etc.). Room layout diagrams are appreciated.
- Be sure to include your set-up and clean-up time in the reservation request. For example, if your event will be held from 2-4pm., you might need to get into the room at 1:30 to set-up your meeting materials or party decorations and then you would need a minimum of one-half hour afterwards to clean up, so your reservation request would be 1:30-4:30pm.

- Parties require a security deposit. The deposit will be returned if the rental facility is left in good condition and equipment is not damaged.
- Requests should be made as far in advance as possible. Requests to reserve gym space may be made up to one year in advance. Requests to reserve rooms may be made up to four months in advance. **It takes approximately five business days to process requests.** Reservations are not final until the Director approves the request. Staff will contact you as soon as the reservation is approved. Do not send out notices or invitations until your request is approved.

For more information, visit www.fallschurchva.gov or call 703-248-5077. You can pick up a rental package at the Community Center, 223 Little Falls St.



223 Little Falls St.
Falls Church, VA 22046

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